

W.O.W Classes

S U M M E R & F A L L 2 0 1 8

M O N D A Y

- 11:00 AM Salsa (Bilingual Spanish)
- 12:00 PM Strength Training
- 4:00 PM Soul Line Dancing
- 5:00 PM Zumba (Bilingual Spanish)

T U E S D A Y

- 10:00 AM Yoga (Bilingual Spanish)
- 11:15 AM Circuit & Core (30 mins)
- 12:00 PM Muscle Up Fitness
- 1:15 PM Food Smarts Cooking Demo (2nd Tues)
- 3:30 PM Tai Chi (Bilingual Chinese)

W E D N E S D A Y

- 11:00 AM Back & Body Care-Feldenkrais
(Bilingual Chinese)
- 12:00 PM Yoga (Staff Only)
- 3:30 PM Chair, Stretch & Boogie
- 5:00 PM Zumba

T H U R S D A Y

- 11:00 AM Chair Massage (1st & 3rd Thursday)
- 12:00 PM Cooking Demo (4th Thursday)
- 1:30 PM Strength Training
- 2:30 PM Yoga (Bilingual Spanish)
- 3:45 PM Qi Gong & Meditation (Bilingual Spanish)

F R I D A Y

- 10:30 AM Bollywood Dance
- 12:00 PM Zumba Gold- Low Impact
(Bilingual Spanish)

S A T U R D A Y

- 10:30 AM Family Zumba (Bilingual Spanish)



Community Wellness Program

Hours of Operation:

Monday - Friday: 9:00 AM – 5:00 PM

Saturday: 10:30 AM - 11:30 AM

*Closed on holidays, please look for posts

Location:

Community Wellness Center
Zuckerberg San Francisco General
Hospital & Trauma Center
1001 Potrero Ave.
Building 5, Room 2D35 (near Cafeteria)

Contact:

Tel: (415) 206-4995

Email: SFGHwellness@sfdph.org

