Fulton-El Camino Recreation and Park District
2201 Cottage Way, Sacramento, CA 95825
(916) 927-3802 fax: (916) 927-3805
www.fecrecpark.com

Beginning Friday in November

MEMORY, MOVEMENT & BALANCE

9:00 – 9:45Am
Come join us for fun games, and easy movement.
These simply memory and movement games will help improve short and long term memory, and reflexes. Our balance sessions are designed for overall stability, and strength. This class will have you laughing, energized and feeling good!
$25 /Mo. Resident
$30 /Mo. Non-Resident

EASY STRETCH

9:50 – 10:30Am
Want more flexibility? More Energy? Less pain in your joints? Come join us in this fun, easy stretch class. This class is designed for folks 50 and over. Combining several stretch modalities, Chi Gong, Tai Chi, Yoga, and basic overall warm up stretching.
$25 /Mo. Resident
$30 /Mo. Non-Resident

Register for BOTH Classes:

$45 /Mo. Resident
$55 /Mo. Non-Resident

Instructor **Victoria Goldblatt,** Exercise Specialist and Health Consultant for over 25 years!
Currently Instructing:
Forever Young (M & W 11am-12pm)

Please register a week before the start of each month to avoid class cancelation
-Online at www.fecrecpark.com
-By Phone 916-927-3802
-In Person at the District Office 2201 Cottage Way