



San Diego

# FITNESS PALOOZA

## LET'S GET PHYSICAL!

January 10 | 10:00 - 12:30

Free | No Registration Needed  
20-Minute Sessions

Registration begins  
Wednesday, January 8

Spring Term Classes begin  
Monday, January 13

Register at  
[www.SanDiegoOasis.org](http://www.SanDiegoOasis.org)



Join us for a free sampling of exercise classes that will be offered during the Spring trimester. Whether you participate or observe, it's a fun and healthy way to start the New Year off right!

### **OASIS WELLNESS CENTER** 5500 Grossmont Center Drive, La Mesa

Call (619) 881-6262 with any questions

- 10:00 – 10:20 INT'L FOLK DANCING | MARTHA AWDZIEWICZ
- 10:30 – 10:50 SOUL LINE DANCING | ED GRIFFITH, VERLOSITY
- 11:00 – 11:20 T'AI CHI FUNDAMENTALS | KATHY FLEMING, MA
- 11:30 – 11:50 ZUMBA | PAMELA TOOMES, CERTIFIED FITNESS INSTRUCTOR
- 12:00 – 12:20 SWING DANCE FUN: JITTERBUG, SHIM SHAM AND MORE | TONYA LEHMAN

#### **Lobby Q&A Consultations**

- 10:00-12:30 THE NEUROMOVEMENT APPROACH | MARGIE MURNAN, NEUROMOVEMENT SPECIALIST
- 10:00-12:30 PROGRESSIVE STRENGTH, BALANCE & FLEXIBILITY TRAINING | ELINOR SMITH, CERTIFIED PERSONAL TRAINER

### **ESCONDIDO SENIOR CENTER** 210 Park Avenue, Escondido

Call (760) 796-6020 with any questions

- 10:00 – 10:20 YOGA | LINDA KAY BROCK
- 10:30 – 10:50 LINE DANCE BASICS | CAROL STROECKER
- 11:00 – 11:20 ZUMBA | LYNN MORGAN
- 11:30 – 11:50 LINE DANCING BEGINNERS/INTERMEDIATE | CAROL STROECKER
- 12:00 – 12:20 TAI CHI | PAT GRIFFITH

#### **Q&A Consultation**

- 10:00 – 12:30 PALOMAR HEALTH | TAMMY CHUNG

Thank you to our Sponsors:

