

Park & Recreation Department Community Parks I Division sandiego.gov www.miramesarecreationcouncil.org Lopez Ridge Neighborhood Park 7245 Calle Cristobal, San Diego CA 92126 (858)538-8171 office (858)689-2618 fax

Meditation & PiYo

This class provides dynamic flowing sequences that burn calories and elevate your metabolic rate to burn more fat. As well as to help with stress management. PiYo puts it all together through simple techniques that can make a huge difference in overall health. Come join us to improve your focus & flexibility.



Age: 13 & Up Fee: \$10.00 a month Mondays 7-8pm Jan 2-30 (#34242) Feb 6-27 (#34245) Saturdays 10-11am Jan 7-28 (#34247 Feb 4-25 (#34248)

AS A RECIPIENT OF FEDERAL FUNDS, THE CITY OF SAN DIEGO CANNOT DISCRIMINATE AGAINT ANYONE ON THE BASIS OF RACE, COLOR, GENDER, RELIGIOUS CREED, MARITAL STATUS, SEXUAL ORIENTATION, ANCESTRY, NATIONAL ORIGIN, AGE, MENTAL OR PHYSICAL DISABILITY, MEDICAL CONDITION (INCLUDING HIV, AIDS & AIDS-RELATED COMPLEX). IF ANYONE BELIEVES HE OR SHE HAS BEEN DESCRIMINATED AGAINST, HE OR SHE MAY FILE A COMPLAINT ALLEGING THE DISCRIMINATION WITH EITHER THE CITY OF SAN DIEGO PARK AND RECREATION DEPARTMENT (CONTACT THE DISTRICT MANAGER @ 619-235-1133) OR THE OFFICE OF EQUAL OPPORTUNITY, U.S. DEPARTMENT OF THE INTERIOR, WASHINGTON, D.C. 20240. THIS INFORMATION IS AVAILABLE IN ALTERNATIVE FORMATS UPON REQUEST.