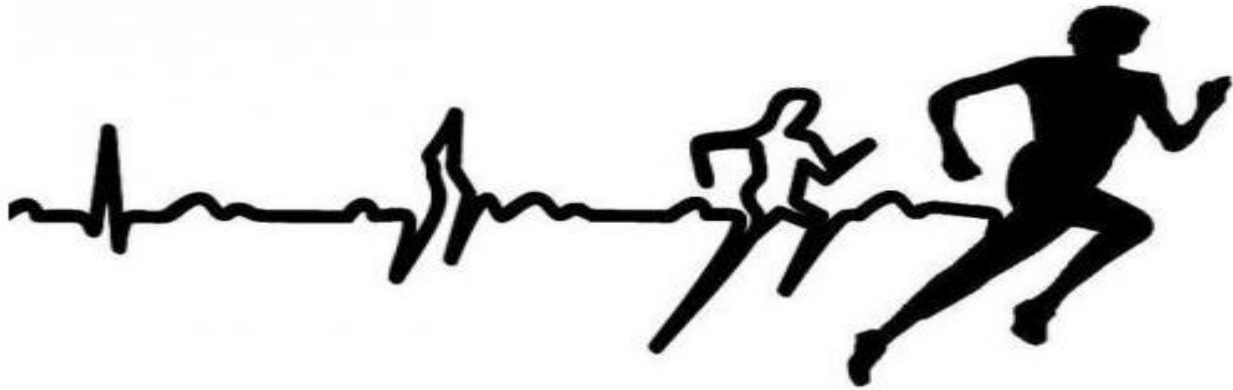


RSBCIHI Fitness



Classes

PLEASE CONTACT YOUR DOCTOR OR DANIEL AT EXT. 1155
TO SET UP AN ORIENTATION TO GET YOU STARTED ON YOUR
FITNESS JOURNEY!

BOOTCAMP/STRENGTH TRAINING

• **MONDAYS @ Anza Outreach 5:30 PM-6:30 PM**

• **TUESDAYS and THURSDAYS**

**@ Soboba Sports Complex
9AM -10AM/ 6PM-7PM**

Chair Aerobics

FRIDAYS @ Soboba Sports Complex 9:30AM -10:30AM

Come join us for Low Impact or Strength Training classes!