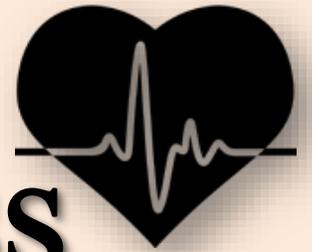


Freestyle Fitness



with **Jenny**

Join Jenny's Freestyle Fitness class for exercise tailored to your needs. Focus on balance, coordination, muscle tone, flexibility, stretching, low-impact dancing and moderate cardio.

Dress comfortably, wear athletic shoes and bring water. Light weights are encouraged. Be prepared to have fun while getting a nice workout.

Wednesday & Friday

9 to 10:10 a.m.

Morro Bay Community Center

\$6 per Class - Drop-in

For details, contact The City of Morro Bay (805)772-6278



MORRO BAY RECREATION SERVICES

1001 Kennedy Way, Morro Bay, CA 93442 ~ (805)772-6278

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