

LET'S WALK!



*“WOW! I
really regret
that
workout!”*

- Said no one. Ever.

HEALTHY YUCAIPA WOULD LOVE TO OFFER YOU A GREAT WAY TO GET YOUR FITNESS ON

Join other health conscious residents of Yucaipa for a variety of classes, activities and other health related events to help you improve your health while enjoying the numerous parks and trail systems available to you throughout the City of Yucaipa.

We are offering a number of free classes once a week in the evenings throughout the summer months. We will have a local trainer providing you a beginner to intermediate level class encompassing three important aspects to support your efforts to attain a healthier lifestyle. The classes will focus on the importance of warming up to help improve your mobility, walking to increase your cardio-respiratory capabilities and other variables to increase the effectiveness of your workouts and overall health. (1 Hour)

Your health is important to us. Your health is important for your family. Caring for yourself is caring for your family, for our friends, and for your community.

Join us in our walk to success!

SCHEDULED TIMES:

Every Tuesday, from 6:00 – 7:00 pm

front of the Community Center

at the bottom of the hill

On Hiatus

A registration form will need to be filled out for attendance purposes.

Registration is absolutely **FREE!**

For more information or questions, please call (909) 797-1177



**COMMUNITY
SERVICES
DEPARTMENT**

**Parks
Make
Life
Better!**

Community Center • (909) 790-7460
Scherer Senior Center • (909) 797-1177
Outreach/Resource Center • (909) 797-3662
City Hall • (909) 797-2489 • www.yucaipa.org

Fees, times and dates of all programs are subject to change