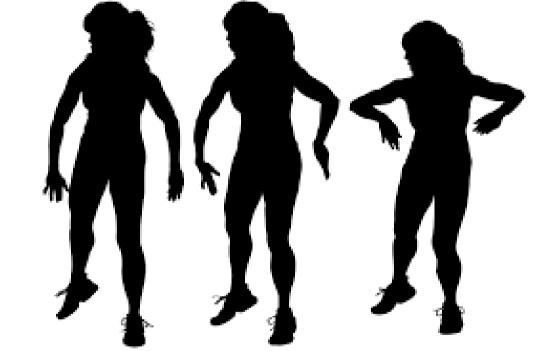
## CITY OF FOSTER CITY PARKS AND RECREATION







# 6:00-7:00 PM, FRIDAY NIGHT LEO RYAN PARK AMPHITHEATER

Want to try yoga but don't know where to start? Learn various yoga poses and sequences from our beginner's class!

#### ZUMBA (AGES 18 +)

### ZUMBA IS A DANCE FITNESS CLASS THAT COMBINES LATIN INSPIRED DANCING AND FITNESS MOVES. MIXING LOW-INTENSITY AND HIGH-INTENSITY MOVES FOR AN INTERVAL-STYLE, CALORIE-BURNING DANCE FITNESS PARTY.

#### INSTRUCTOR: KAREN TESKE LOCATION: LEO RYAN AMPHITHEATER

ACTIVITY # DAY DATE TIME FEE FALL20.F5-A F 09/18/20 - 11/20/20 6:00 - 7:00 PM \$50