

STAY FIT WITH LUPE!

LUPE IS NOW ON ZOOM! 

STARTING MONDAY, JULY 27

EVERY MONDAY, TUESDAY AND WEDNESDAY

10:00AM-11:00AM



Lupe's fit & fun exercises are beneficial to maintain overall flexibility and promote better sleep. Her exercises help build and maintain muscle tone, control weight, improve mood and boost energy! Her class is also lots of fun!!

TO JOIN, PLEASE CLICK ON LINK BELOW:

<https://zoom.us/j/96380354974?pwd=TmJOWHNpRGpRYysvem14MkhzVU9wdz09>

*PLEASE note this is a **virtual, online class**. Registrants will need a working computer, tablet or smart phone in order to fully participate. You must also download the ZOOM APP on your computer or smartphone. For more information go to <https://zoom.us/>*

PLEASE CALL 510-675-5495 OR EMAIL

RUGGIERISENIORCENTER@UNIONCITY.ORG FOR QUESTIONS!

ATTENTION -FOR YOUR SAFETY! PLEASE WEAR COMFORTABLE CLOTHES AND CLOSED TOED ATHLETIC SHOES, PLEASE HAVE A SECURE CHAIR THAT YOU CAN HOLD ON TO AND THAT DOES NOT HAVE WHEELS, PLEASE HAVE HANDWEIGHTS OR BANDS THAT WORK WITH YOUR CURRENT STRENGTH AND FITNESS LEVEL