



# STAY FIT WITH LUPE!!

**EVERY MONDAY,  
TUESDAY, AND  
WEDNESDAY  
10:30 AM-11:30 AM**

**LUPE IS NOW ON ZOOM!**

**CLASS ID-931-2990-4829 / PW-45849**

**LUPE'S FIT & FUN EXERCISES  
ARE BENEFICIAL TO MAINTAIN OVERALL  
FLEXIBILITY AND PROMOTE BETTER SLEEP. HER  
EXERCISES HELP BUILD & MAINTAIN MUSCLE TONE,  
CONTROL WEIGHT, IMPROVE MOOD AND BOOST  
ENERGY! HER CLASS IS ALSO LOTS OF FUN!!**

*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/>*

## FOR QUESTIONS

**PLEASE CALL 510-675-5495 OR EMAIL  
RUGGIERISENIORCENTER@UNIONCITY.ORG**

## 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*

