

Get Fit Calendar

July 2011



Get Fit -Mondays: 5:00-7:00 p.m.
Pacific Community Center Gymnasium
501 S. Pacific Ave., Glendale, CA 91204



Questions: call (818) 548-3798

7/4/11- No Get Fit
Happy 4th of July!



7/11/11-Basketball

Practice drills before an active game of full-court basketball.



7/18/11-Fitnes and Nutritional Night

Its time again for fitness checkup. We will measure flexibility, stretch, jump, and much more. We will also discuss a variety of fast-burning foods.

7/25/11- Walk Across America

Join Get Fit staff on an energetic walk and count your steps to and from the Americana.

Wear Comfortable Clothing and Shoes



Community Services and Parks Department

The Community Services and Parks Department will provide reasonable accommodations toward the inclusion of all participants. Please contact our Therapeutic Recreation Specialist at (818) 548-3798 two weeks prior to the program. Ample time is required to determine the needs of each request.