

Familias Sanas y Activas

Grupos de Ejercicio

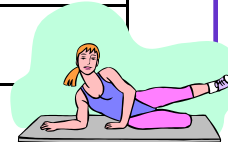
“Nuestras promotoras
están certificadas en Full
Body y Zumba”



Dirigido a personas con diferentes niveles de acondicionamiento físico

HORA	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO
8:30	Trini Cruz Castle Park Elementary					
	Maria Antonio Smythe Elementary		Maria Antonio Smythe Elementary			
9:00	Beatriz Bobadilla Villanueva	Beatriz Bobadilla Villanueva	Lorena Godinez Villanueva	Lorena Godinez Villanueva		
	Rita Sancen Civic Center	Manuela Castañeda Civic Center	Rita Sancen Civic Center	Rita Sancen Civic Center	Manuela Castañeda Civic Center	
9:30		Maria Luisa Kelly Loma verde Recreation Center	Trini Cruz Castle Park Elementary	Maria Luisa Kelly Loma verde Recreation Center		
12:00						Norma Mazariegos Montgomery Waller Park
6:00	Lupita Guzmán Loma Verde Elementary	Gloria Chio Vista Square Elementary	Lupita Guzmán Loma Verde Elementary		Norma Mazariegos Montgomery Waller Park	
	Maria Torres Vista Square Elementary		Maria Torres Vista Square Elementary			
6:30	Norma Mazariegos Eggers Centro Recreativo	Guillermina Macías Cesar Chávez Recreation Center	Norma Mazariegos Eggers Centro Recreativo	Guillermina Macías Cesar Chávez Recreation Center		
7:00		Mónica Rivera Rohr Elementary		Mónica Rivera Rohr Elementary		
		Amanda Orozco Rice Elementary		Amanda Orozco Rice Elementary		
				Gloria Chio Vista Square Elementary		

¡clases gratis!





Familias Sanas y Activas

Descripción Grupos de Ejercicio



Amanda Orozco (619) 646-3708

Clase: Baile aeróbico

Horario: Martes y Jueves 7:00 a 8:00 pm

Lugar: Rice Elementary. 915 Fourth Ave, Chula Vista.

Beatriz Bobadilla (619) 646-5888

Clase: Baile aeróbico

Horario: Lunes y Martes 9:00 a 10:00am

Lugar: Villa Nueva Center, 1901 del Sur Blvd. San Ysidro.

Gloria Chio (619) 425-9600 ext 5462

Clase: Baile aeróbico

Horario: Martes 6:00 a 7:00pm Jueves 7:00 a 8:00pm

Lugar: Vista Square Elementary. 540 G St. Chula Vista.

Guillermina Macias (619) 203-2936

Clase: Multiritmicos

Horario: Martes y Jueves 6:30 a 7:30 pm

Lugar: Cesar Chávez Recreation Center. 455 Sycamore Rd. San Ysidro.

Lorena Godinez (619) 737-1130

Clase: Ejercicios aeróbicos, baile y estiramiento

Horario: Miércoles y Jueves 9:00 a 10:00 am

Lugar: Villa Nueva Center, 1901 del Sur Blvd. San Ysidro.

Lupita Guzmán (619) 425-9600 ext 5462

Clase: Baile aeróbico

Horario: Lunes y Miércoles 6:00 a 7:00 pm

Lugar: Loma Verde Elementary. 1450 Loma Ln. Chula Vista.

Manuela Castañeda (619) 428-3410

Clase: Multiritmicos de bajo y alto impacto, baile aeróbico y trabajos de elongación y equilibrio.

Horario: Martes y Viernes 9:00 a 10:00 am

Lugar: Civic Center. 212 W. Park Avenue. San Ysidro.

Maria Luisa Kelly (619) 549-5132

Clase: Baile aeróbico

Horario: Martes y Jueves 9:30 a 10:30 am

Lugar: Loma Verde Recreation Center. 1420 Loma Lane. Chula Vista.

Maria Antonio (619) 662-4100 ext 6950

Clase: Baile aeróbico

Horario: Lunes y Miércoles 8:30 a 9:30 am

Lugar: Smythe Elementary School. 1880 Smythe Ave. San Ysidro.

Maria Torres (619) 662-4100 ext 6950

Clase: Baile aeróbico

Horario: Lunes y Miércoles 6:00 a 7:00 pm

Lugar: Vista Square Elementary. 540 G St. Chula Vista.

Mónica Rivera (619) 778-1514

Clase: Baile aeróbico

Horario: Martes y Jueves 7:00 a 8:00 pm

Lugar: Rohr Elementary. 1540 Malta Ave. Chula Vista.

Norma Mazariegos (619) 662-2073

Clase: Baile aeróbico

- **Horario:** Lunes y Miércoles 6:30 a 7:30 pm
- **Lugar:** Eggers Centro Recreativo. 1885 Coronado Avenue. San Diego.
- ♦ **Horario:** Viernes 6:00 a 7:00 pm y Sábado 12:00 a 1:00pm
- ♦ **Lugar:** Montgomery Waller Park . 3020 Coronado Avenue, San Diego.

Rita Sancen (619) 425-5853

Clase: Multiritmicos, elongación, equilibrio y fuerza

Horario: Lunes, Miércoles y Jueves 9:00 a 10:00am

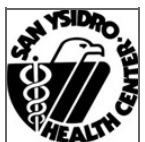
Lugar: Civic Center. 212 W. Park Avenue. San Ysidro

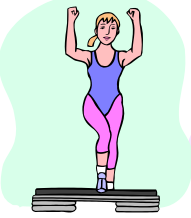
Trini Cruz (619) 656-8065

Clase: Baile aeróbico

Horario: Lunes 8:30 a 9:30 am y Miércoles 9:30 a 10:30 am

Lugar: Castle Park Elementary. 25 Emerson St. Chula Vista.





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“Our promotoras are certified in Full Body and Zumba”

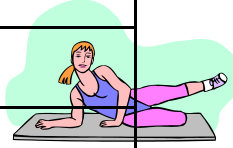


Exercise Groups

Addressed to people with different levels of physical conditioning

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30	Trini Cruz Castle Park Elementary					
	María Antonio Smythe Elementary		María Antonio Smythe Elementary			
9:00	Beatriz Bobadilla Villanueva	Beatriz Bobadilla Villanueva	Lorena Godinez Villanueva	Lorena Godinez Villanueva		
	Rita Sancen Civic Center	Manuela Castañeda Civic Center	Rita Sancen Civic Center	Rita Sancen Civic Center	Manuela Castañeda Civic Center	
9:30		María Luisa Kelly Loma verde Recreation Center	Trini Cruz Castle Park Elementary	María Luisa Kelly Loma verde Recreation Center		
12:00						Norma Mazariegos Montgomery Waller Park
6:00	Lupita Guzmán Loma Verde Elementary	Gloria Chio Vista Square Elementary	Lupita Guzmán Loma Verde Elementary		Norma Mazariegos Montgomery Waller Park	
	María Torres Vista Square Elementary		María Torres Vista Square Elementary			
6:30	Norma Mazariegos Eggers Centro Recreativo	Guillermina Macías Cesar Chávez Recreation Center	Norma Mazariegos Eggers Centro Recreativo	Guillermina Macías Cesar Chávez Recreation Center		
7:00		Mónica Rivera Rohr Elementary		Mónica Rivera Rohr Elementary		
		Amanda Orozco Rice Elementary		Amanda Orozco Rice Elementary		
				Gloria Chio Vista Square Elementary		

Free Classes!!





Familias Sanas y Activas



Exercise groups description

Amanda Orozco (619) 646-3708

Class: Aerobic Dance

Schedule: Tuesday and Thursday from 7:00 to 8:00 pm

Place: Rice Elementary. 915 Fourth Ave, Chula Vista.

Beatriz Bobadilla (619) 646-5888

Class: Baile aeróbico

Schedule: Monday and Tuesday from 9:00 to 10:00am

Place: Villa Nueva Center, 1901 del Sur Blvd. San Ysidro.

Gloria Chio (619) 425-9600 ext 5462

Class: Aerobic Dance

Schedule: Tuesday from 6:00 to 7:00pm Thursday from 7:00 to 8:00pm

Place: Vista Square Elementary. 540 G St. Chula Vista.

Guillermina Macias (619) 203-2936

Class: Multiritmicos

Schedule: Tuesday and Thursday from 6:30 to 7:30 pm

Place: Cesar Chávez Recreation Center. 455 Sycamore Rd. San Ysidro.

Lorena Godinez (619) 737-1130

Class: Aerobic Dance, stretching

Schedule: Wednesday and Thursday from 9:00 to 10:00 am

Place: Villa Nueva Center, 1901 del Sur Blvd. San Ysidro.

Lupita Guzmán (619) 425-9600 ext 5462

Class: Aerobic Dance

Schedule: Monday and Wednesday from 6:00 to 7:00 pm

Place: Loma Verde Elementary. 1450 Loma Ln. Chula Vista.

Manuela Castañeda (619) 428-3410

Class: Multiritmicos, aerobic dance, stretching, and balance exercises

Schedule: Tuesday and Friday from 9:00 to 10:00 am

Place: Civic Center. 212 W. Park Avenue. San Ysidro.

Maria Luisa Kelly (619) 549-5132

Class: Aerobic Dance

Schedule: Tuesday and Thursday from 9:30 to 10:30 am

Place: Loma Verde Recreation Center. 1420 Loma Lane. Chula Vista.

Maria Antonio (619) 662-4100 ext 6950

Class: Baile aeróbico

Schedule: Lunes y Miércoles 8:30 a 9:30 am

Place: Smythe Elementary School. 1880 Smythe Ave. San Ysidro.

Maria Torres (619) 662-4100 ext 6950

Clase: Baile aeróbico

Horario: Lunes y Miércoles 6:00 a 7:00 pm

Lugar: Vista Square Elementary. 540 G St. Chula Vista.

Mónica Rivera (619) 778-1514

Class: Aerobic Dance

Schedule: Tuesday and Thursday from 7:00 to 8:00 pm

Place: Rohr Elementary. 1540 Malta Ave. Chula Vista.

Norma Mazariegos (619) 662-2073

Class: Aerobic Dance

• **Schedule:** Monday and Wednesday from 6:30 to 7:30 pm

• **Place:** Eggers Recreational Center. 1885 Coronado Avenue. San Diego

♦ **Schedule:** Friday from 6:00 to 7:00 pm and Saturday from 12:00 to 1:00pm

♦ **Place:** Montgomery Waller. 3020 Coronado Avenue, San Diego.

Rita Sancen (619) 425-5853

Class: Multiritmicos, aerobic dance, stretching, and balance exercises

Schedule: Monday, Wednesday and Thursday from 9:00 to 10:00am

Place: Civic Center. 212 W. Park Avenue. San Ysidro.

Trini Cruz (619) 656-8065

Class: Aerobic Dance

Schedule: Monday from 8:30 to 9:30 am and Wednesday from 9:30 to 10:30am

Place: Castle Park Elementary. 25 Emerson St. Chula Vista.

