

ONLINE Fitness



Join Adult School Fitness Teachers in
Zoom Classes and YouTube Videos
designed to fit all ages and levels!

Gentle Yoga • Pilates
Qi Gong Fitness • Tai Chi
Baby & Me Yoga • Zumba Gold
Strength Training for 55+
Advanced Strength Training for 55+
Flexibility & Balance Training for 55+
Flexibility & Strength Training for 55+
Total Body Conditioning for 55+

Fall Online Classes August 31-December 11th

adult school
SAN LUIS COASTAL UNIFIED SCHOOL DISTRICT



Enroll today!
SLOadultschool.org
(805) 549-1222
adultschool@slcusd.org