



Exercise classes for people with PD in San Francisco

SF REC & PARK Winter CLASSES

FREE (Or almost free classes)

IMPROVE YOUR BALANCE and COORDINATION WITH

TAI CHI and **GENTLE YOGA** (For all ages)

Have fun swimming, drawing or dancing!

REGISTER AS SOON AS POSSIBLE!

Winter Session started Jan. 7, 2020

If no room in the class, put your name on a waiting list

you may get into the class

(Spring session begins March 7, 2020)

How to find classes near your home

Usually you look in the catalog under the name of the rec center. Go to sfrecpark/registration, complete email address and a password, to back a screen to "forgot password" and someone will send you a password to your email in a few minutes. You will get a temporary password and the next time you put in you permanent password.

Any problems call the Inclusion Service for people with disabilities:
415-206-1596 which is located at Mission High School.