

# New Year Parks & Recreation **New You** www.resolutionsb.com Your Resolution Solution

## First Class FREE! Foam Roller Flexibility & Fitness

This coupon entitles \_\_\_\_\_ to attend the first class of a five-week session FREE! This class focuses on increasing flexibility while using the important core/abdominal muscles. The foam roller is an ingenious device that makes creative movement and fitness even more fun! A great class for those with back tightness or discomfort.

Mondays, 7-8pm 1/5-2/9 Drop in value: \$14/\$12 city residents

Mondays, 7-8pm 2/24-3/23 Drop in value: \$14/\$12 city residents

All classes are held at the Carrillo Recreation Center, 100 E. Carrillo Streets.  
Coupon good for one time use only. Coupon expires 3/23/09.

[www.sbparksandrecreation.com](http://www.sbparksandrecreation.com) • 897-2519

## First Class FREE! Beginning Hoop Dance

This coupon entitles \_\_\_\_\_ to attend the first class of a five-week session FREE! This is not your old school hula hoop! Join Sara Munro of Flame Fatale for this seriously fun, high-energy workout. You'll tone and strengthen your arms, legs and abs, whittle away your middle and develop spinal flexibility, core strength and improved coordination...and you won't stop smiling!

Mondays, 5:45-6:45pm 1/5-2/9 Drop in value: \$14/\$12 city residents

Mondays, 5:45-6:45pm 2/24-3/23 Drop in value: \$14/\$12 city residents

All classes are held at the Carrillo Recreation Center, 100 E. Carrillo Streets.  
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