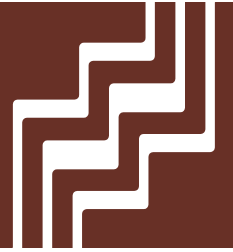


HULA FOR HEALTH



Starting June 7, 2019!



Fridays 1:30pm - 2:30pm ♦ **THE SEQUOIA ROOM**

Interested in finding fun ways to get active?

The YMCA is hosting a 6-week Hula for Health Class at SNAHC with Michelle Kaliko!

These cultural Hawaiian dance classes are low impact. You will learn graceful movements of hula to improve your strength, flexibility, balance, and coordination.

Hula is a great way to get your heart pumping as you incorporate exercise into your wellness plan.

Materials and snacks will be provided.

Instructor can make accommodations for mobility.

FOR MORE INFORMATION CONTACT

Myrna Monroe, CHW ♦ (916) 341-0576 ext. 2236

Class Dates

June 7

June 14

June 21

June 28

July 5

July 12



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY