

OUT DOOR FRESH AIR FITNESS with Jungshin® Fitness

Next dates

Saturdays

June 25th, 12-1pm Marina and Scott-Picnic afterwards

July 2nd, place TBD 12-1pm

July 9th, Marina and Scott, 12-1pm

Tell your friends!

Where

We meet at Marina and Scott and determine the next meeting place at the end of each class.

What

This is a community-based class, donations only and no one turned away for lack of funds. Suggested donation of \$15.00 is welcomed.

The Class

We focus on anaerobic and aerobic metabolic conditioning, using our own bodies as the weight, strengthening the core, giving definition to muscle, relieving the mind of the stress of the past and the fear of the future by using a custom-weighted wooden sword as the focus for the work out. Yes ☺, you will SWEAT and leave feeling rejuvenated, revitalized, and energized not to mention, gaining a hotter sexier body (if that's a goal!)

To stay updated on the next dates and info please click on either link and become a member/fan/friend:

<http://www.meetup.com/Jungshin-Fitness/>

<http://www.facebook.com/pages/Jungshin-Fitness/183729399344>

Or send Annika an email @ annikakahn@gmail.com

415.573.4188

