

FREE
Physical Activity
and Exercise Classes

Actividad física
y Clases de Ejercicio
GRATIS

Zumba & Stretching
Zumba y Estiramiento
Instructors: Cristina Rodriguez &
Blanca Colin
Monday, Tuesday, Wednesday &
Thursday
Lunes, Martes, Miércoles y Jueves
8:30am-9:30am
Meadow Homes Park
1351 Detroit Ave, Concord

Zumba & Stretching
Zumba y Estiramiento
Instructors: Cristina Rodriguez &
Blanca Colin
Tuesday / Martes
6:30pm-7:30pm
Monument Impact
2699 Monument Blvd. Ste. G

Exercise and Latin Dance
Ejercicio y Baile Latino
Instructors: Sandra Padilla &
Azucena Torres
Wednesday- Saturday
Miércoles- Sabado
8:30am-9:30am
Ellis Lake Park
1740 Ellis St, Concord



Latin Dance & Physical Activity
Actividad Física y Baile Latino
Instructor: Manuel Lozano
Monday-Sunday
Lunes -Domingo
8:00am-9:00am
Cambridge Park
1135 Lacey Ln, Concord

Latin Dance & Physical Activity
Actividad Física y Baile Latino
Instructor: Manuel Lozano
Monday & Friday
Lunes y Viernes
6:00pm-7:00ppm
Monument Impact
2699 Monument Blvd. Ste. G

Stretching & Relaxation
Estiramiento y Relajación
Instructor: Isabel Gutierrez
Tuesday/ Martes
5:00pm-6:00pm
La Clinica de la Raza

Stretching & Relaxation
Estiramiento y Relajación
Instructor: Isabel Gutierrez
Monday & Friday
Lunes y Viernes
5:00pm-6:00pm
Monument Impact
2699 Monument Blvd. Ste. G



Together, building a stronger community
Juntos, construyendo una comunidad fuerte

Free
Physical Activity
and Exercise Classes

Gratis
Actividad física
y Clases de Ejercicio



Monument Impact

2699 Monument Blvd. Ste. G
Concord, CA 94520

1760 Clayton Road
Concord, CA 94520

For more Information:
Phone: 925.682.8248
Ext. 2230

www.monumentimpact.org
facebook.com/monumentimpact

March 2017/ Marzo 2017 FREE Physical Activity & Exercise Classes/Actividad física y Ejercicio GRATIS

SUN	MON	TUE	WED	THU	FRI	SAT
			1 Cambridge 8-9am Meadow Homes 8:15am-9:15am Ellis Park 9-10am	2 Cambridge 8-9am Ellis Park 9-10am LakeSide 8:30-9:30am	3 Cambridge 8-9am Ellis Park 9-10am Monument Impact YOGA 5-6pm Latin Dance 6-7pm	4 Latin Dance & Physical Activity Cambridge Park 8am-9am Ellis Park 9-10am
5 Latin Dance & Physical Activity Cambridge Park 8am-9am	6 Cambridge 8am-9am Meadow Homes 8:30am-9:30am Monument Impact YOGA 5-6pm Latin Dance 6-7pm	7 Meadow Homes 8:30am-9:30am Cambridge 8-9am Monument Impact 6:30-7:30pm La Clinica YOGA 5-6pm	8 Cambridge 8-9am Meadow Homes 8:30am-9:30am Ellis Park 9-10am	9 Cambridge 8-9am Meadow Homes 8:30am-9:30am Ellis Park 9-10am	10 Cambridge 8am-9am Ellis Park 9-10am Monument Impact YOGA 5-6pm Latin Dance 6-7pm	11 Latin Dance & Physical Activity Cambridge Park 8am-9am Ellis Park 9-10am
12 Latin Dance & Physical Activity Cambridge Park 8am-9am	13 Cambridge 8-9am Meadow Homes 8:30am-9:30am Monument Impact YOGA 5-6pm Latin Dance 6-7pm	14 Cambridge 8-9am M.Homes 8:30am-9:30am Monument Impact 6:30-7:30pm La Clinica YOGA 5-6pm	15 Cambridge 8-9am Meadow Homes 8:30am-9:30am Ellis Park 9-10am	16 Cambridge 8-9am Meadow Homes 8:30am-9:30am Ellis Park 9-10am	17 Cambridge 8-9am Ellis Park 9-10am Monument Impact YOGA 5-6pm Latin Dance 6-7pm	18 Latin Dance & Physical Activity Cambridge Park 8am-9am Ellis Park 9-10am
19 Latin Dance & Physical Activity Cambridge Park 8am-9am	20 Cambridge 8-9am Meadow Homes 8:30am-9:30am Monument Impact YOGA 5-6pm Latin Dance 6-7pm	21 Cambridge 8-9am Meadow Homes 8:30am-9:30am Monument Impact 6:30-7:30pm La Clinica YOGA 5-6pm	22 Cambridge 8-9am Meadow homes 8:30am-9:30am Ellis Park 9-10am	23 Cambridge 8-9am Meadow Homes 8:30am-9:30am Ellis Park 9-10am	24 Cambridge 8-9am Ellis Park 9-10am Monument Impact YOGA 5-6pm Latin Dance 6-7pm	25 Latin Dance & Physical Activity Cambridge Park 8am-9am Ellis Park 9-10am
26 Latin Dance & Physical Activity Cambridge Park 8am-9am	27 Cambridge 8-9am Meadow Homes 8:30am-9:30am Monument Impact YOGA 5-6pm Latin Dance 6-7pm	28 Cambridge 8-9am Meadow Homes 8:30am-9:30am Monument Impact 6:30-7:30pm La Clinica YOGA 5-6pm	29 Cambridge 8-9am Meadow homes 8:30am-9:30am Ellis Park 9-10am	30 Cambridge 8-9am Meadow Homes 8:30am-9:30am Ellis Park 9-10am	31 Cambridge 8-9am Ellis Park 9-10am Monument Impact YOGA 5-6pm Latin Dance 6-7pm	



MONUMENT IMPACT
Together, building a stronger community
Juntos, construyendo una comunidad fuerte

Monument Impact

2699 Monument Blvd.
Suite. G
Concord, CA 94520

1760 Clayton Road
Concord, CA 94520

Phone: 925.682.8248
Ext. 2230