

PHYSICAL ACTIVITY CLASSES/ CLASES DE ACTIVIDAD FÍSICA

Latin Dance & Physical Activity *Actividad Física y Baile Latino*

Instructor: Manuel

Monday through Sunday
Lunes a Domingo

8:00am-9:00am

Cambridge Park
1135 Lacey Lane,
Concord, CA 94520

Latin Dance & Physical Activity *Actividad Física y Baile Latino*

Instructor: Manuel

Monday & Friday/ Lunes y Viernes
6:00pm-7:00pm

Monument Impact
2699 Monument Blvd. Ste. G
Concord CA 94520

Stretching & Relaxation *Estiramiento y Relajación*

Instructor: Isabel

Monday & Friday
Lunes y Viernes

5:00pm-6:00pm

Monument Impact
2699 Monument Blvd. Ste. G
Concord CA, 94520



Exercise and Latin Dance *Ejercicio y Baile Latino*

Instructors: Sandra & Azucena

Wednesday through Friday
Miercoles a Viernes

8:30-9:30am

Parkview Apartments
1751 Ellis St,
Concord CA 94520

Exercise and Latin Dance *Ejercicio y Baile Latino*

Instructors: Sandra & Azucena

Saturdays
Sabados

8:30-9:30am

Monument First 5
1736 Clayton Rd,
Concord CA 94520

Zumba & Stretching *Zumba y Estiramiento*

Instructors: Cristina & Blanca

Monday through Thursday
Lunes a Jueves

8:30am-9:30am

Meadow Homes Park
1351 Detroit Avenue,
Concord CA 94520

Zumba & Stretching *Zumba y Estiramiento*

Instructors: Cristina & Blanca

Tuesday / *Martes*

6:30pm-7:30pm

Monument Impact
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Concord CA 94520

Instructor: Isabel

Tuesday/ *Martes*

5:00pm-6:00pm

La Clinica de la Raza
2000 Sierra Road,
Concord CA 94520

For more information contact:

Monument Impact

925-682-8248 2400 ext.

Clayton Site

1760 Clayton Road, Concord, CA 94520



Together, building a stronger community