



## Community Wellness Program



ZUCKERBERG  
SAN FRANCISCO GENERAL  
Hospital and Trauma Center

# W.O.W.

(Working on Wellness)

## Class Schedule

### Hours of Operation:

Monday - Friday: 9:00 AM- 5:00 PM

### Location:

Community Wellness Center

Zuckerberg San Francisco General Hospital  
& Trauma Center

1001 Potrero Ave. Room 2D35 (near Cafeteria)

### Contact Us

Tel: (415) 206-4995

Email: [SFGHwellness@sfdph.org](mailto:SFGHwellness@sfdph.org)

Website: [www.sfghwellness.org](http://www.sfghwellness.org)

### Find us on Facebook & Twitter

SFGHCommunityWellnessCenter

@SFGH\_WELLNESS

# FREE WELLNESS for ALL

Class schedule through June 30, 2017

# W.O.W. Schedule

Winter/ Spring 2017

ZSFG Community Wellness Center

<b>Monday</b>	12:00 PM	Strength Training
	4:00 PM	Soul Line Dancing (with Chocolate Platinum)
	5:00 PM	Zumba (Bilingual Spanish)
<b>Tuesday</b>	10:00 AM	Yoga (Bilingual Spanish)
	11:15 AM	Core & More (30 mins)
	11:30 AM	Healthy Heart Walking Group (Bilingual/30 mins)
	12:00 PM	Muscle Up Fitness
	1:15 PM	Cooking Demo (2nd Tues.)
	3:30 PM	Kick Boxing (Moderate Impact)
<b>Wednesday</b>	12:00 PM	Yoga (Staff Only)
	3:30 PM	Chair, Stretch, & Boogie
	5:00 PM	Salsa (Bilingual Spanish)
<b>Thursday</b>	9:45 AM	Soulful Meditation Circle (45 mins)
	11:00 AM	Chair Massage (1st & 3rd Thurs.)
	12:00 PM	Cooking Demo & Tasting (4th Thurs.)
	1:30 PM	Strength Training
	2:30 PM	Yoga (Bilingual Spanish)
	3:45 PM	Qi Gong & Meditation (Bilingual/ 45 mins)
	<b>Friday</b>	10:30 AM
12:00 PM		Zumba Gold-Low Impact (Bilingual Spanish)
<b>Saturday</b>	10:30 AM	Family Zumba

ZSFG Community Wellness Center

Zuckerberg San Francisco General Hospital, Room 2D35

Building 5, 2nd floor, across from Cafeteria

Schedule on website at: [www.SFGHWellness.org](http://www.SFGHWellness.org)

All classes are 50 minutes long unless otherwise specified