

COMMUNITY WELLNESS PROGRAM



San Francisco General Hospital

W.O.W. (Working on Wellness) Classes

Hours of Operation:

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

Location:

Community Wellness Center

San Francisco General Hospital

1001 Potrero Ave. Room 2D35

(Main hospital building, 2nd floor, near Cafeteria)

Contact Us:

Tel: (415) 206-4995

Email: SFGHwellness@sfdph.org

Web: www.sfghwellness.org

Find us on Facebook & Twitter

SFGHCommunityWellnessCenter

@SFGH_WELLNESS

FREE, FREE, FREE

Wellness Classes for ALL!

SFGH Community Wellness Program

W.O.W. Schedule Fall 2015

Mon.	12:00 PM	Strength Training
	5:00 PM	Zumba (Bilingual Spanish)
	6:00 PM	Financial Fitness Clinic (Last Mon. of each month)

Tues.	10:30 AM	Yoga (Bilingual Spanish)
	1:00 PM	Hip-Hop Dance
	3:30 PM	Intro to Pilates

Wed.	12:00 PM	Yoga (Staff Only)
	2:30 PM	Yoga (Bilingual Spanish)
	3:30 PM	Chair, Stretch, & Boogie
	5:00 PM	Salsa Dance (Bilingual Spanish)
	6:00 PM	Tai Chi Self Defense

Thurs.	11:00 AM	Chair Massage (1st & 3rd Thurs.)
	12:00 PM	Cooking Demo & Tasting (4th Thurs.)
	1:30 PM	Strength Training

Fri.	10:30 AM	Zumba Gold-Low Impact (Bilingual Spanish)
	12:00 PM	Bollywood Dance

Sat.	10:30 AM	Family Zumba
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