3 WINS Fitness ***FREE*** Exercise Program

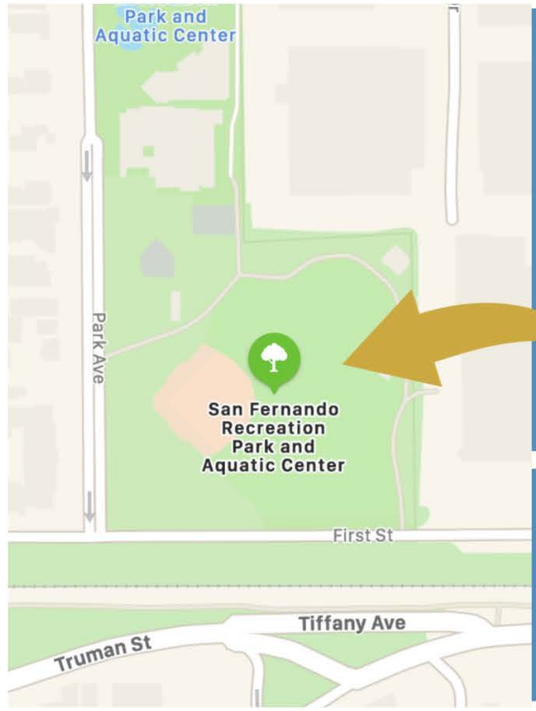
For ages 18 and over!

Join us for physical activity available for all levels!

Location: San Fernando Recreation Park

Days: Monday/Wednesday/Friday

Time: 8:15 AM - 9:15 AM



See You Here

208 Park Ave
San Fernando
91340

@ 3winsfitness

@ 3winsfitness

https://3winsfitness.com

THE CITY OF SAN FERNANDO

CSUN KINESIOLOGY

3 WINS fitness

What's new with 3 WINS

Abiding by the CDC regulations, we are ALL required to wear masks and maintain 6ft apart in distance. Since we are going equipmentless, we encourage you to bring these items listed below to improve your workout.

Items to bring

Water bottle, yoga mat, small towel or shirt, weights, backpack

Please make sure you're registered online prior to joining program.

3 WINS Fitness ***FREE*** Exercise Program

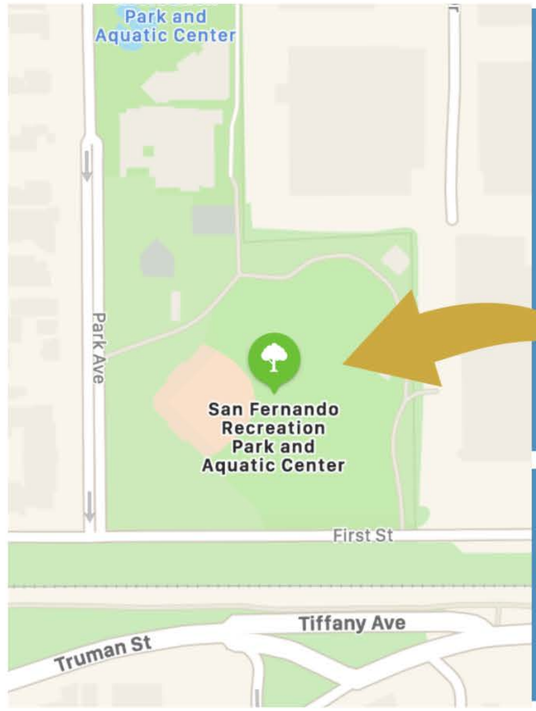
For ages 18 and over!

Join us for physical activity available for all levels!

Location: San Fernando Recreation Park

Days: Monday/Wednesday/Friday

Time: 8:15 AM - 9:15 AM



See You Here

208 Park Ave
San Fernando
91340

@ 3winsfitness

@ 3winsfitness

https://3winsfitness.com

THE CITY OF SAN FERNANDO

CSUN KINESIOLOGY

3 WINS fitness

What's new with 3 WINS

Abiding by the CDC regulations, we are ALL required to wear masks and maintain 6ft apart in distance. Since we are going equipmentless, we encourage you to bring these items listed below to improve your workout.

Items to bring

Water bottle, yoga mat, small towel or shirt, weights, backpack

Please make sure you're registered online prior to joining program.