



PENINSULA HEALTH CARE DISTRICT

HEALTH & FITNESS CENTER

1875 Trousdale Drive, Burlingame CA 94010



IMPROVE YOUR HEALTH AND WELLNESS WITH OUR FITNESS PROGRAMS

Accessible Equipment

Fitness Classes

Personalized Workouts

Educational Seminars

Fitness Challenges

Interactive Workshops

NOW ACCEPTING INSURANCES!

Open Hours:

Mon - Fri 8:00am - 6:30pm, Sat 8:00am - 1:00pm

Visit www.phcdfitness.org or call 650-448-1472 for inquiries.

GROUP FITNESS CLASSES

- Balance & Fall Prevention
- Seniors in Motion
- Tune-Up Circuit

GENTLE FLOW STRETCH & YOGA

\$5 FOR MEMBERS
\$20 FOR NON-MEMBERS

More classes and programs to be added in the future!

FITNESS CENTER MEMBERSHIP

\$80

PER MONTH

10% off 12 months 5% off 6 months

Insurances accepted! Ask us about it!

- Group Fitness Classes
- Fitness Assessment
- Lockers and Towels
- Guest Passes (5/year)
- Educational Seminars
- Fitness Workshops

PERSONAL TRAINING

\$50 PER SESSION

Discounts available for bulk packages.

FITNESS ASSESSMENT

An evaluation of your physical health.
Complimentary for all members

GUEST PASSES

5 PER YEAR
\$15/visit thereafter

GROUP FITNESS CLASSES

MONDAY

11:00AM-11:45AM
Balance Fitness

1:00PM-1:45PM
Balance Fitness

2:00PM-3:00PM
20/20/20*

TUESDAY

10:00AM-11:00AM
Seniors in Motion

11:30AM-12:00PM
Strength in Numbers

12:00PM-12:15PM
Restorative Stretch

1:00PM-2:00PM
Seniors in Motion

WEDNESDAY

9:30AM-10:30AM
Gentle Stretch & Yoga

11:00AM-11:45AM
Balance Fitness

12:00PM-12:45PM
Tune-Up Circuit

12:00PM-12:45PM
Chair Zumba

THURSDAY

10:00AM-11:00AM
Seniors in Motion

11:30AM-12:00PM
Strength in Numbers

12:00PM-12:15PM
Restorative Stretch

1:00PM-2:00PM
Seniors in Motion

FRIDAY

11:00AM-11:45AM
Balance Fitness

*Open class to the community. First Mondays of the month. Schedule: 5/6, 6/3, 7/1, 8/5, 9/9, 10/7, 11/4, 12/2.