



# Aquatic Park Fitness Center

## *Complete Fitness For Your Second Half of*

*Life*



The Aquatic Park Fitness Center is a studio for adults 55+. We provide cost effective fitness and recreation programs that support healthy living for the second half of life. Located at the San Francisco Maritime Museum building, the water's edge and views of the Golden Gate Bridge provide a beautiful and serene backdrop for our programs.

Your membership begins by working with our staff to design an individual fitness plan and you can meet regularly with fitness staff to review your progress and goals. Members can use our aerobic exercise equipment, and we offer cardio fitness, weight training and yoga classes. We also offer Special fitness and healthy lifestyle classes on a regular basis. Please call today!

### **Membership fees**

**San Francisco Senior Center Members \$20/month**

**Day Pass \$5 Book of 10 day passes - \$40**

***Attention Health Net insurance customers: Fitness Center membership is free to Health Net members enrolled in "The Silver Fit" program***

Hours: 9:00am - 4:00pm Monday-Friday. The building is handicap accessible.

**For information on Fitness Center membership contact:**

**Jim Spinelli, Health & Fitness Coordinator**

**415-923-4482 or [jimspinelli@sfsenior.com](mailto:jimspinelli@sfsenior.com)**

**Please visit [www.sfsenior.com](http://www.sfsenior.com)**