

STAY HEALTHY AND ACTIVE!

# TOWN RECESS



Classes are designed to promote health and wellness with an emphasis on movement, fitness, self expression & fun.

## Small Pod Classes

REGISTER HERE



- Worldwide Sports -M/W 2pm-4pm \$80 /month ages 5-12
- Outdoor Superhero Fitness Fun - W/F 3pm-5pm \$80 /month ages 5-12
- Power Hour Fitness "High Intensity" HIIT - Th 4pm-5pm \$40/month ages 12& up
- Tennis - TH 4pm-5pm Free ages 5-12 Mosswood
- Willie Keyes Fun Zone W/F- 4pm-5:30pm Free ages 8-12



Sign up  
here

## Virtual Classes

- Science w/Ms.Cat T/Th \$40 /month
- Art w/Ms. Cat T/Th \$40 /month
- Artsy Kidz M \$25 /month
- Family Fun Zone- Arts Expression M \$25 /month
- Power Hour Fitness High Intensity Intervals Training T \$25 /month



Sign up at [www.oaklandca.gov](http://www.oaklandca.gov)

