



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

JOIN US FOR A FREE OPEN HOUSE WEEK!

January 29 - February 2

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

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

10% off 12 months
5% off 6 months

PERSONAL TRAINING

\$50 PER SESSION

Discounts available for bulk packages.

FITNESS ASSESSMENT
COMPLIMENTARY FOR MEMBERS

GUEST PASSES
5 PER YEAR
\$15/visit thereafter

CLASS DESCRIPTIONS

BALANCE & FALL PREVENTION

Improve core strength and balance with healthy movement exercises to prevent injury and enhance muscle strength. The routine includes both seated and standing exercises, with chairs supporting standing and balancing postures.

Mon 11:00am - 11:45am
1:00pm - 1:45pm
Wed 11:30am - 12:15pm
Fri 11:00am - 11:45am

SENIORS IN MOTION

This 60-minute class focuses on gentle aerobic exercises and muscle strengthening for upper and lower body, incorporating group stretching and relaxation. It utilizes various equipment like treadmills, bicycles, arm bikes, rowing machines, resistance machines, and handheld weights.

Tue 10:15am - 11:15am
1:00pm - 2:00pm
Thu 10:15am - 11:15am
1:00pm - 2:00pm

TUNE-UP CIRCUIT

Experience a fun, standing circuit workout with varied exercise stations targeting different muscle groups and optional cardio. The session ends with 15 minutes of abdominal and stretching floor exercises.

Wed 12:00pm - 12:45pm

GENTLE FLOW STRETCHES & YOGA

This class features gentle postures, breathing exercises, and stretching, ideal for those with arthritis, limited mobility, injuries, chronic pain, or fatigue. Exercises can be done in a chair or on the floor, with mats, blocks, and straps provided.

Wed 10:00am - 11:00am