



Helendale Community Services District

26719 Vista Road, Ste. 3, P.O. Box 359
Helendale, California 92342-0395
(760) 951-0006 Fax (760) 951-0046

Exercise Classes:

All classes are 8 weeks:

\$40/ 1 day per week; \$80/2 days per week;
\$120/3 days per week)

Monday:

5:00 pm - Cardio Pump (50 min. approx.) 1-day
6:00 pm - *R.I.P.P.E.D (60 min.) 2-day
7:15 pm - Zumba (50 min. approx.) 1-day

Wednesday:

5:00 pm - Zumba (50 min. approx.) 1-day
6:00 pm - *R.I.P.P.E.D (60 min.) 2-day
7:15 pm - Yoga (60 min.) 1-day

Friday:

6:00 pm - Zumba (50 min. approx.)

Certified Instructor - Patty Hartong (760) 951-3508
or (714) 337-5590 or Calfitnessandyoga@Yahoo.com

*R.I.P.P.E.D = resistance, interval, power, plyometrics,
endurance, and diet.