

# WANT TO GET FIT FOR THE NEW YEAR?

Visit the Cypress Neighborhood Center and choose  
from a variety of health and fitness classes

Get up and running with fitness coach Tony Hill in T.O.U.C.H.E.  
every Tuesday from 6:00-7:00pm.

Exercise your mind and spirit alongside Yogi Karla Duarte in  
Yoga, every Monday at 4:45pm-5:45pm.

Start your days dancing to the rhythm with instructor Guadalupe  
Huerta in Zumba offered Tuesdays, Thursdays and Fridays 9:00am-  
10:00am.

**FOR MORE INFO  
CONTACT US AT 909.349.6988**