

# WELLNESS WEDNESDAYS

Event series begins on Wednesday, March 10, 2021.

Join the SD Nights team for a new virtual wellness series designed especially for teens. Popular fitness activities are offered in 30-minute programs, for a quick workout and social connection.

## Boxing Class

5 – 5:30 p.m.



## Strength & Conditioning Class

5 – 5:30 p.m.



## Yoga Class

5:30 – 6 p.m.



Spots are limited. Registration is required.

Info/RSVP to Carl McCullough at 619-961-0159 or [carl.mccullough@sdcounty.ca.gov](mailto:carl.mccullough@sdcounty.ca.gov).



SD Nights – short for San Diego/Safe Destination Nights – is a free program developed by the County of San Diego Department of Parks and Recreation designed to provide teens, ages 10-18, with safe places to recreate after school, during critical hours.