

**WELLNESS WEDNESDAYS**

# **VIRTUAL STRENGTH AND CONDITIONING CLASS**

**5 – 5:30 p.m., Wednesdays**

Are you looking to keep up with your New Year Resolution, but need the motivation?

Join our Wellness Wednesday strength and condition class that is designed to incorporate HIIT, strength and body-weight drills to get your heart rate up. Each class will begin with a warm-up, feature various calisthenics and strength and conditioning exercises and finish with core work and stretches. An experienced fitness instructor will lead the class and bring a strong level of enthusiasm, leadership and responsibility to their task. Participants will end each class with a sense of pride and accomplishment.

All SD Nights Wellness Wednesdays events are free for youth ages 10-18.

Wear comfortable clothes and supportive shoes.

This class is free but spots are limited. Register in advance.

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.