



**Nacimienta Community Foundation  
Healthy Communities**

***After Work Winter 2011 Activities***

**@ The Village of Cuba St. Francis of Assisi Park  
& Eichwald Recreation Center**



**Movement makes us feel better and improves health and well-being!**

**Meet you friends, co-workers, and community members for fun, physical activity to uplift and rejuvenate yourself. You can de-stress, get stronger, improve mobility, manage weight, and boost immunity.**

**FREE Drop-in Yoga classes:**

**4pm – 5pm Mondays & Fridays**

**5pm – 6pm Wednesday**

**Village of Cuba Eichwald Center Membership \$10 for 30 days:**

**Weight Training Equipment**

**Cardio Equipment**

**Basketball Court**

**Free Weights**

**Group session/trainer available between:**

**4pm – 5pm Tuesdays, Wednesdays, Thursdays**

**5pm – 6pm Tuesdays & Thursdays**

**Come when you can, stay as long as you like. Even a few extra minutes of movement in our day can make us feel better!**

**For more information call Anna: 505-289-3718 or 505-288-2733**

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