



**WINTER**

# **InPULSE**

**EXERCISE CLASSES**

**FREE: Sponsored by Clinic Ole**

**PUERTAS ABIERTAS**  
952 Napa Street, Napa  
Monday-Movement Sauvecito  
4:45pm-5:45pm

**EL CENTRO ELEM. SCHL.**  
1480 El Centro Avenue, Napa  
Tuesday & Thursday  
9:00 am-10:00 am

**BEL AIRE ELEM. SCHL.**  
3580 Beckworth Drive, Napa  
Monday & Wednesday  
9:00 am- 10:00 am

**ST. HELENA FAMILY CENTER**  
1428 Spring Street, St. Helena  
Tuesdays & Fridays  
9:00 am-10:00 am

**CLINICA OLE**  
1141 Pear Tree Lane, Napa  
Fridays Lobby  
5:15pm-6:15 pm  
Friday, Movement, Suavecito  
Walton Room (2<sup>nd</sup> Floor)  
5pm-6pm

**COMMUNITY PRESBYTERIAN  
CHURCH OF CALISTOGA**  
1407 3rd Street, Calistoga  
Every Tuesday  
11am- 12pm

**NAPA VALLEY LANGUAGE  
ACADEMY**  
2700 Kilburn Avenue, Napa  
Wednesdays  
9:00 am -10:00 am

**OUR LADY OF PERPETUAL HELP**  
901 Washington Street, Calistoga  
Every Thursday  
11am-12pm

**SHEARER ELEM. SCHL.**  
1590 Elm Street, Napa  
Mondays & Fridays  
9:00 am-10:00 am

**For More Information Call Carmen at (707) 254-1774 Ext. #294**



**INVIERNO**

# **EnPULSO**

**CLASES DE EJERCICIO**

**GRATIS: Patrocinado por Clínica Ole**

**PUERTAS ABIERTAS**

952 Napa Street, Napa  
Lunes-Movimiento Suavecito  
4:45 pm-5:45 pm

**BEL AIRE ELEM. SCHL.**

3580 Beckworth Drive, Napa  
Lunes Y Miercoles  
9:00 am- 10:00 am

**CLINICA OLE**

1141 Pear Tree Lane, Napa  
Viernes, Sala de Espera  
5:15 pm-6:15 pm  
Viernes Movimiento, Suavecito  
Walton Room (2ndo Piso)  
5pm-6pm

**NAPA VALLEY LANGUAGE  
ACADEMY**

2700 Kilburn Avenue, Napa  
Miercoles  
9:00 am -10:00 am

**SHEARER ELEM. SCHL.**

1590 Elm Street, Napa  
Lunes Y Viernes  
9:00 am – 10:00 am

**EL CENTRO ELEM. SCHL.**

1480 El Centro Avenue, Napa  
Martes Y Jueves  
9:00 am – 10:00 am

**ST. HELENA FAMILY CENTER**

1428 Spring Street, St. Helena  
Martes Y Viernes  
9:00 am-10:00 am

**COMMUNITY PRESBYTERIAN  
CHURCH OF CALISTOGA**

1407 3rd Street, Calistoga  
Cada Martes  
11am- 12pm

**OUR LADY OF PERPETUAL HELP**

901 Washington Street, Calistoga  
Cada Jueves  
11am-12pm

**Para Mas Informacion Llamar a Carmen al (707) 254-1774 Ext. #294**