

Urban Rez Aerobics



Intertribal Friendship House

523 International Blvd,

Oakland, CA 94601

Every Tuesday!

6:00-7:00pm

Urban Rez Aerobics is instructed by Pauline Patty-Medina a Certified Aerobics Instructor with Native American Fitness Council. She has been in the fitness field for 5 years. She can help you, your family and the Native community to stay fit and healthy.

Bring your family & friends ! It's easy, fun and free!

You may need to restrict your activities to those which are safe for you. If you have a heart condition, lost your balance because of dizziness or became unconscious, or have a joint problem (for example, back, knee or hip) that could be made worse by a change in your physical activity, take a prescribed drug (for example, water pills) for your blood pressure or heart condition or if you know of any other reason why you should not do physical activity you will need to talk with your doctor about the kinds of activities you wish to participate in and follow his/her advice.