



montereybaymoves.com/promenade

Monterey Bay
MOVES

Shea
HOMES®

100 10th street - Village Square Park @ Promenade

COMMUNITY FITNESS

- **Balanced Body Conditioning - Wednesday 9AM**

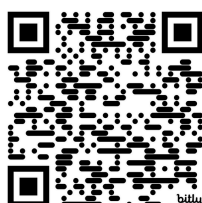
Improve your balance, strength and flexibility

- **Full Body Conditioning - Saturday 9AM**

Family-friendly total body workout



FREE FOR HOA MEMBERS WITH CODE:
DUNESHOA



REGISTER NOW