

TODAY'S FOCUS: HEALTH & WELLNESS

Students learn Tahitian dance



Students go through dance movements in Aileen Manalili-De Villa's Beginning Keikis class Sept. 9 at the Jefferson Recreation Center in Temecula. The city offers several Hawaiian Tahitian dance classes at the center for ages 4 1/2 and up. The classes are Tuesdays, Wednesdays and Thursdays and the next class starts Oct. 2. ANDREW FOULK PHOTO

FIT4MOM OFFERS EXERCISE, SOCIALIZING

Babies are welcome at fitness classes, which also help curb feelings of isolation

KIRSTEN SILVEN
• SPECIAL TO THE U-T

"Fitness for Mom, Fun for Baby," reads the caption on a recent class photo posted by the team at Fit4Mom Temecula Valley on the group's Facebook page.

As one of the nation's largest fitness programs designed specifically for moms, Fit4Mom offers pre- and post-natal fitness classes for every stage of motherhood.

"It's an amazing experience for moms and children," said Kim Fruscella, owner of Fit4Mom Temecula Valley. "People start coming for the workout, but they keep coming back for the lifelong relationships that are built."

Fit4Mom has been offered in Temecula since 2003 and Fruscella just celebrated her one-year ownership anniversary on Aug. 26.

A mom herself and a former kindergarten teacher, Fruscella was drawn to the concept of enjoying a great workout without being separated from her daughter.

Fruscella has always demonstrated a passion for fitness, spending 10 years competing in national level swimming and working as a sports coordinator for the local YMCA while attending Cal Poly San Luis Obispo, organizing and coaching track and field, soccer, T-ball, basketball and golf in the area.

The true benefits of the fitness programs offered by

Fit4Mom can be tough to measure and often contain so much more than just a fitness aspect. Since children ages 6 weeks (with doctor clearance) and up are always welcome, moms don't have to put them in daycare to find time for a workout.

The interactive class environment also provides the opportunity for important pre-kindergarten socialization while allowing moms to witness and be involved in this important developmental phase.

Fit4Mom also offers mothers access to a vital adult social network and helps curb feelings of isolation and loneliness in moms of all ages who are employed on a limited basis, work from home or stay at home to care for children.

The relationships that are formed often serve as the first line of support and can help mothers learn to cope as they struggle to overcome common challenges or more traumatic events associated with motherhood.

Fit4Mom Temecula Valley offers free one-week trial memberships for new participants with no obligation. Ongoing membership starts at \$59 per month, plus a \$75 joining fee, which provides each new member with exercise resistance bands. Session packages are also available.

For more information, including the class schedule and membership offers, visit www.temecula.fit4mom.com or call 951-692-6622.

CALENDAR

SAN DIEGO

Sept. 19
Kids Yoga
10:30 a.m., San Diego Library College-Rolando Branch, 6600 Montezuma Road
Kids Yoga is a fun and interactive introduction to yoga, according to library. For more information, visit www.sandiego.gov or call 619-533-3970.

Sept. 20
Zumba Gold for Boomers and Active Seniors
9:45 a.m., San Diego Library College-Rolando Branch, 6600 Montezuma Road
Zumba Gold for Boomers and Active Seniors will teach participants Latin-rhythm dance steps that are easy to follow and adaptable for any fitness level, according to the library. For more information, visit www.sandiego.gov or call 619-533-3970.

LAKE ELSINORE

Sept. 20
Hiker Chicks
8 a.m., Lake Elsinore Diamond Stadium, 500 Diamond Drive

Cornerstone Community Church is holding a Hiker Chicks women's group, which meets monthly for a hike, weather permitting, at the levee behind the Lake Elsinore Diamond Stadium. For more information, visit www.go2cornerstone.com or email Karen at beachcruizer@live.com.

TEMECULA

Sept. 20
Hike
8 a.m., St. Thomas of Canterbury Episcopal Church, 44651 Avenida de Misiones
Saint Thomas of Canterbury Episcopal Church will host its Hike. For more information, call 951-302-4566, visit www.episcopalchurchtemecula.org or email admin@episcopalchurchtemecula.org.

Sept. 22
Alzheimer's Support Group
9:30 a.m., Rancho Community Church, 31300 Rancho Community Way
Rancho Community Church will host its Alzheimer's Support Group. For more information, visit www.rcc.tv.



Sept. 28
Family Health Fair
Noon, Professional Office Building, 28078 Baxter Road
A Family Health Fair, sponsored by Loma Linda University Medical Center in Murrieta, will take place in the parking lot of the Professional Office Building in Murrieta. For more information, call 951-704-1950 or visit www.temecula.org. **LOMA LINDA UNIVERSITY MEDICAL CENTER MURRIETA**

Sept. 27
Health and Community Resource Fair
10 a.m., Temecula Civic Center, 41000 Main St.
The city of Temecula is holding a Health and Community Resource Fair with information on health-related resources, products and services available for children, families, seniors

and individuals with special needs, according to the city. For more information, visit www.cityoftemecula.org.

MURRIETA

Sept. 20
Prayer Walk
8 a.m., Core Christian Fellowship, 38615 Calistoga Drive

Core Christian Fellowship will host its Prayer Walk. For more information, visit www.calvaryfv.com or email prayer@calvaryfv.com.

Sept. 21
Alcoholics Anonymous - Ladies Only

Have a news tip or an event you'd like to see in print? Send details to Temecula@UTSanDiego.com

10 a.m., Murrieta United Methodist Church, 24652 Adams Ave.
Murrieta United Methodist Church will host an Alcoholics Anonymous meeting for women only. For more information, visit www.murrietaumc.org.

Sept. 23
Geri-Fit exercise class
1 p.m., An Optimal You Wellness and Fitness Center, 29995 Technology Drive
An Optimal You Wellness and Fitness Center will offer its Geri-Fit exercise class. Registration is \$40 per person for eight classes. For more information, call 951-461-3021 or visit www.gerifit.com.

VISTA

Sept. 20
Zumba Fitness class
9 a.m., Brengle Terrace Park, 1200 Vale Terrace Drive
The city of Vista Recreation & Community Services Department is hosting Zumba Fitness classes. For more information, visit www.cityofvista.com.