

# City of Kettering Family Health & Fitness Day

## Saturday, June 9, 2018

This special day promotes the importance of parks and recreation in keeping communities healthy. We invite you to join us for FREE EVENTS designed for your whole family in celebration of National Family Health and Fitness Day. All fitness levels welcome. Bring own water bottle and wear appropriate fitness attire to participate. All classes are held outside.

### Schedule of Events:

**9 a.m. "Family Boot Camp" meets in the Recreation Complex Lobby**  
Cardio, strength, and body weight intervals will keep you moving in this creative family workout with instructor Kevin.

**10 a.m. "Zumba on the Island" at Lincoln Park Civic Commons (close to Fraze)** This Latin-inspired dance fitness class blends upbeat pop music into a celebration of movement in the unique outdoor setting on the island with instructor Amy.

**10 a.m. "Adventure on the Hill" meets by the sculpture in front of Rosewood Arts Centre**  
A combination of stretching, Pilates, and abs will activate your core to benefit your strength in this total body workout up on the hill with instructor Alexis. Bring your own Yoga mat or a beach towel. Alexis.

*All participants in any family fitness class will receive a FREE Adventure Reef Water Park Pass for use same day from 12:30 – 8 p.m. See instructor after class to receive your day pass.*

