

Spring into

= WELLNESS =

Get Active Together

Recreational Activity at Memorial Park

The City of La Cañada Flintridge Parks and Recreation Commission will host a multi-week recreational activity to promote active living. The programs will take place on Saturdays, between 8:30AM to 10:30AM (check in begins 15 minutes prior). The City has partnered with the YMCA of the Foothills to put together high energy and low impact fun for all ages.

The activities will begin May 13th and conclude on June 17th. There is no cost to participate.

BRING YOUR OWN MAT AND WATER!

Schedule of Events

May 13 th	May 20 th	May 27 th	June 3 rd	June 3 rd	June 10 th	June 17 th
Bodyweight Boot Camp	Bodyweight Boot Camp	NO EVENT	Bodyweight Boot Camp	Yoga	Yoga	Yoga
8:30AM to 9:30AM	8:30AM to 9:30AM	FIESTA DAY HOLIDAY	8:30AM to 9:30AM	9:30AM to 10:30AM	9:30AM to 10:30AM	9:30AM to 10:30AM

CLASSES LED BY YMCA OF THE FOOTHILLS



Questions? Contact:

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