

SATURDAY | JUNE 8TH 2019

FAMILY HEALTH & FITNESS DAY



GET FIT WITH PARKS & RECREATION

Join us in celebrating Jacksonville's health and wellness resources with fun events for the entire family at Family Health & Fitness Day events throughout the City.

Lonnie Miller Park (7689 Price Ln., 32209)

- 10-10:30 a.m. • Justice League of Fitness Low Impact boot camp
- 10:30-11 a.m. • Winston YMCA, LesMills BodyAttack
- 11-11:30 a.m. • Winston YMCA, LesMills BodyFlow
- 11:30 a.m.-12 p.m. • Camp Gladiator
- 12-12:30 p.m. • Justice League of Fitness Hip Hop Line Dancing
- 12:30-1 p.m. • Justice League of Fitness High Impact boot camp
- 1-1:30 p.m. • MixxedFit

Memorial Park (1620 Riverside Ave., 32204)

- 9:30-10:30 a.m. • Yoga 4 Change
- 10:30-11 a.m. • Camp Gladiator

Corkscrew Park (Northbank Riverwalk, Acosta Bridge)

- 10:30-11 a.m. • Camp Gladiator

Glen Myra Park (1429 Winthrop St., 32206)

- 2-4 p.m. • Health Me Jacksonville Event, presented by Heart for Children Inc.

FITNESS DEMONSTRATIONS AND FUN ACTIVITIES



— HEART FOR —

Children Inc.

