



Alameda Recreation & Park Department  
2226 Santa Clara Avenue, Alameda, CA  
(510) 747-7529

# Family Fitness Day!

**Class# 12028**

**FREE!**

Saturday, June 8th at Lincoln Park  
Harrison Center, 1450 High Street, Alameda  
9:00 a.m. to 11:00 a.m.

**FREE!**

**Bring Your Whole Family!**

All children must be supervised at all times by a parent/guardian.

## Experience:

Zumba



Hula



Kung Fu



Refreshments



Check out the new exercise equipment, enjoy circuit training instruction, courtesy of Friends of the Parks!

Let's Move Alameda!  
Take the healthy challenge and  
pledge to do 60 minutes of exercise  
five-days a week.



Sign up online at [www.ARPDeploy.com](http://www.ARPDeploy.com) or for more information contact  
Mariel at (510)747-7511 or by email at [mthomas@ci.alameda.ca.us](mailto:mthomas@ci.alameda.ca.us)