



Family Fitness Day

SAVE THE DATE!

Saturday, May 17, 11 am-3 pm
 North Forestville Community Center

In honor of National Women's Health Week, our goal is to promote family involvement in physical activity, one of the goals of the U.S. Surgeon General's Report on Physical Activity and Health.

All activities are **FREE** and **OPEN TO THE PUBLIC!**

Activities are non-competitive and include walking, high and low-impact exercises, games, healthy eating demos, and health information workshops.

ENJOY:

- Awesome Abs Demo
- Chase Your Dreams Basketball Inc.
- Da Go Go Demo
- Face Painters
- Hand Dance Demo
- Health Eating/Food Demo
- Kung Fu Demo
- Learn About Park Ranger Programs – Archery, Nature Program and Play Ranger Jeopardy

- Line Dance Demo
- Maryland Cheer Chargers
- Meet M-NCPPC Park Police
- M-NCPPC Skate Mobile
- Okinawan Karate Demo
- Step Team
- Summer Playground Info
- Tai Chi Demo
- Total Body Fitness Class Demo
- Yoga Demo
- Zumba Demo for Kids and Adults

Get Up...
 Get Out...
 Get Active

NORTH FORESTVILLE COMMUNITY CENTER
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The Department of Parks and Recreation encourages and supports the participation of individuals with disabilities. Register at least a minimum of two weeks in advance of the program start date to request and receive a disability accommodation.



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