



THE CITY OF EL MONTE



Presents a
Health & Wellness Event!

MARCH MOVEMENT FOR HEALTH!

Get moving on Saturday mornings in March. Try out a different type of physical activity and find the right type of exercise for you!

All activities listed will take place at **Arceo Park**, 3125 N. Tyler Avenue

Please wear comfortable clothing. All ages and fitness levels welcomed.

Let's get moving, El Monte!

For more information, please contact (626) 580-2210.

Saturday, March 5, 2016
Zumba with the Beastin Beauties
8:00 a.m.

Saturday, March 12, 2016
Kickboxing with the Ultimate
Tae kwon Do Fighter Academy
8:00 a.m.

Saturday, March 19, 2016
Circuit Training with
the Beastin Beauties
8:00 a.m.

Saturday, March 26, 2016
Tai Chi with the Ultimate
Tae kwon Do Fighter Academy
8:00 a.m.



#HealthyElMonte