



THE CITY OF EL MONTE



Parks, Recreation & Community Services
presents a

Free! FAMILY FITNESS SESSION — with — POWER



Providing Opportunities for Wellness Education and Recreation

Every First Saturday of the month at 8:00 AM
Rain or Shine



Join us for a fun fitness Saturday filled with physical activity and healthy resources!
Please bring a bottle of water, wear comfortable clothing and appropriate shoes.
All ages and fitness levels welcomed. Let's get moving, El Monte!



#HealthyElMonte



For more information regarding the Family Fitness Session or rain schedule, please call the Community and Senior Services office at (626) 580-2210.