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!

at **Arceo Park**
3125 N. Tyler Avenue
El Monte, CA 91731

Beautiful Beauties FIT STUDIO
CHAMPIONS for CHANGE™
day one
KAISER PERMANENTE®

#HealthyElMonte

City of El Monte Health & Wellness

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