



Family fitness fest

March 5, 2016
8:30am-12pm
West Wetlands Park
282 N. 12th Avenue

- Learn Injury Prevention
- Get Active with the Family
- Mini Obstacle Course
- Learn Proper Exercise Form
- Mini Fitness Challenge

Join City of Yuma Parks and Recreation & Yuma Regional Medical Center as we exercise our way to a happier, healthier lifestyle. Lots of fun activities are sure to keep the heart pumping and the calories burning as you learn different ways to stay fit.



Participate in Parks & Recreation's 2016
5K/10K March On City Finals Run & Fun
Walk on the same day!

For more information: yumaaz.gov/events or 928-373-5200