COME OUT AND JOIN US FOR SOME FREE FIT FUN!

FREE Fit IN THE PARK

As a part of the Valley Wellness Coalition the City of Lake Elsinore and the surrounding cities (Murrieta, Temecula, and Menifee) are showcasing free, healthy programs during he summer months aimed at getting you out of the house and exploring what unique activities our area has to offer! Get active with your neighbors or head to participating communities to meet new people, have fun, and get fit!

For more information, please contact the Lake Elsinore Community Services Department at (951) 245-0442

Friday Night Zumba	Friday Fit Trail Tour	Toddler ABC Sports	Fit After 50	Mommy Fit Mondays
June 21-July26 7:00PM-8:00PM (MIN AGE 14)	July 5 – Aug 2 HOSTED BY FBBC 7:00AM-8:00AM	July 10-July31, Wednesdays 9:00AM-9:45AM (AGES 3-5)	June 10-July 29, Mondays 8:30AM-10:00AM (MIN AGE 50)	June 24-July 29 11:00AM-12:00PM VITALITY ZONE FITNESS IN WILDOMAR

CITY OF LAKE ELSINORE DREAM EXTREME

VISIT US ONLINE AT

www.lake-elsinore.org/freefit