



FREE Fit IN THE PARK

JULY 2019

MONDAYS

Mental Health Awareness

Exercise your mind and express your creativity in a calm and welcoming environment. Coloring pages (beginner to advanced) and light snacks provided. Ages 5 and up.

6:00 PM - Kay Cenicerros Center 29995 Evans Road

WEDNESDAYS

Pickleball

Enjoy some quality morning exercise and try one of the fastest growing sports in the region! For all skill levels.

8 AM to 10 AM- La Ladera Park 29629 La Ladera Road

FRIDAYS

Family Fun Nights (no session July 5th)

Get outdoors with Rec N Trek! Staff will provide free games and activities for families to unplug and enjoy time together!

6 PM - Central Park 30268 Civic Plaza Drive

VALLEY WELLNESS COALITION

The City of Menifee and surrounding cities (Lake Elsinore, Murrieta and Temecula) are showcasing free, healthy programs during the summer months aimed at getting individuals out of the house and exploring the unique activities in each community!

Get active with your neighbors or head to participating communities to meet new people, have fun and get fit!



FOR MORE INFORMATION CONTACT: (951) 723-3880
VISIT WWW.CITYOFMENIFE.US/REGISTER TO SIGN UP FOR PROGRAMS!
REGISTRATION OPENS MAY 28TH ONLINE + IN PERSON.