

COME OUT AND JOIN US FOR SOME FREE FIT FUN!

FREE Fit IN THE PARK

As part of the Valley Wellness Coalition, the City of Murrieta and surrounding cities (Lake Elsinore, Menifee, and Temecula) are showcasing free, healthy programs during the 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
Murrieta's Community Services Department at (951) 304-PARK (7275).

TAI CHI

at Murrieta Community Center
41810 Juniper Street
Mondays
7/1 to 7/22 from
6:30-7:30 p.m. (all ages)

WATER EXERCISE

at Cal Oaks Sports Park Pool
40600 California Oaks Road
Thursdays
7/11-7/26 from
8:15-9:15 a.m.
(min age 16 years old)

ZUZU FIT

at Antelope Hills Park
27385 Carlton Oaks Street
Tuesdays
7/22 to 8/13 from
6:30-7:30 p.m. (all ages)



www.MurrietaCA.gov/classes

