



Kalamazoo Parks & Recreation

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KALAMAZOO PARKS & RECREATION "FITNESS IN THE PARKS" PROGRAM BEGINS SATURDAY, JUNE 18

June 16, 2016, Kalamazoo, Michigan –The City of Kalamazoo will begin offering *Fitness in the Parks* this Saturday, June 18.

Fitness in the Parks is a free community exercise program for all residents of Kalamazoo. Everyone is invited to Upjohn Park to join in a variety of fitness activities. Getting started is easy, simply show up to the park on Saturday mornings from 9:00 - 10:00 a.m. and be ready to workout. No experience or preregistration is required. The program begins July 18 and runs through August 13 (class will not meet on July 2).

For the more dedicated participants there will be an incentive program- anyone that only misses no more than one session will receive a 32oz Nalgene Kzoo Parks water bottle and be entered in to win a six month membership to Kalamazoo Athletic Club and 2 Personal Training Sessions!

Fitness in the Parks is offered in partnership with Kalamazoo Athletic Club, and is funded through the Michigan Health Endowment Fund. Stay active, stay healthy, and enjoy our great parks!

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