



The Springfield Department of Parks, Buildings & Recreation Management
presents:

FITNESS IN FOREST PARK

Looking to become more active? Join our FIT-team and enjoy the beautiful surroundings of Forest Park while exercising your way to a healthier you!

- Who: Adults of all abilities ages 20 years and older
Where: Edward J. Moriarty Senior Center in Forest Park
(located next to the zoo by the lawn bowling green)
When: Tuesdays, Wednesdays & Thursdays
Beginning April 22, 2014
What: Walking 8:00 - 9:00 am
Bocce 9:30 - 10:30 am
Golf 11:00 am - 12 noon

YOU'LL "FIT" RIGHT IN!!!
IT'S FUN ~ ITS FREE ~ AND IT'S FABULOUS !

Pre-registration is required. For further information, or to register, call Sandy Federico at 787-6435

Let's SPRING INTO SUMMER together

