

# COCONUT CREEK Fitness



in  
the park



**Saturdays, October 1, 2016—March 25, 2017**

**Class meets at 9:30 AM**

**Sabal Pines Park, north soccer field**

**Free, must pre-register with Recreation Complex Fitness**

**Ages 12 to 17 years must be accompanied by a parent or legal guardian**



## WHAT IS FITNESS IN THE PARK

Fitness in the Park is a free seasonal exercise program that brings a variety of fitness activities to Coconut Creek's beautiful parks. Classes are instructed by certified personal trainers and group exercise instructors. Class format will include yoga, boot camps, and interval training. Minimum of 5 participants and a maximum of 20 participants per class.

To register or for more information,  
please call 954-545-6650

