

Corpus Christi Parks & Recreation's

Youth Fitness Club

This program promotes a healthy lifestyle for all youth.

Ongoing program
Mondays & Wednesdays
4:30pm-5:30pm
Joe Garza Recreation Center
3204 Highland
Call 361-882-1408.

FREE



Instruction provided by City Recreation Supervisor. This club is for Boys and Girls ages 6-12.

- Various fun easy-to-follow exercise videos
- Guided walking and jogging around area/block
- Strength and resistance training to increase muscle and metabolism.
- Healthy food samples will be provided



Discover the Benefits...™,
visit www.ccparkandrec.com

The City of Corpus Christi promotes participation regardless of race, color, national origin, sex, age, religion, disability or political belief. Reasonable accommodations are provided upon request and in accordance with the Americans with Disabilities Act. For assistance or to request a reasonable accommodation, please call 361-826-3460 at least 48 hours in advance. **Upon request, this information can be available in large print and/or computer disk.**

