

FREE



SAFE FUN-FIT at the Bayfront

EVERY SATURDAY 2022

Fitness Lane

- Bike
- Run
- Walk

7am – 11am

1.5 Miles of Pedestrian Space

along the Seawall/Shoreline Blvd. from The Water's Edge to the American Bank Center.

New Class! 'Back to Basics Fitness'

is a contemporary holistic fitness class involving functional movements. The goals and benefits of this class are to assist one improve mobility, stability, balance, mental health, and well-being all while burning calories and strengthening muscles at the same time. All fitness levels are welcome – modifications available.

For more information:

Call 826-PLAY
Live. Learn. Play!

7am – 11am The Water's Edge

402 S. Shoreline Blvd.

Fitness Classes

40-60 minutes each class for all skill levels, ages 8 and older. Youth ages 8-15 must be accompanied by an adult.

At McCaughan Park:

- Walk the Bayfront (7am – 11am)
- 5K Walk/Run (7:30am start)

At the Islanders Pavilion:

- Back to Basics Fitness (8am – 8:40am)
- Yoga (9am – 9:40am)
- Zumba (10am – 10:40am)

Registration

- Register Online at <https://www.cctexas.com/safefunfit>
- Class Size Limit: 30 participants per class

New Year,
New You
in 2022!



The City of Corpus Christi promotes participation regardless of race, color, national origin, sex, age, religion, political belief or disability. 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 or digital file.

(Programming Revised 1-21-22)