

INTERACT
FOR HEALTH

A Catalyst for Health and Wellness

Check it out.

Active Lifestyles

June 21, 2014

Rain Date June 28, 2014

Florence Government Center

8100 Ewing Boulevard, Florence, KY

10:00 am – 2:00 pm

FREE! Activities include Exercising, walking, bicycling, skate boarding and roller blading.



Check out the Family Day of "Let's Move" at the Florence Government Center by using the skate park, hike/bike trail and open space. A Bike Rodeo and basic safety bike training will be conducted for children ages 5-9 so bring your bikes & helmets.

Exercise Sessions: 10:30am Boot Camp, 11:00am Fitness, 11:30am Kickboxing, 12:00pm Zumba, 12:30pm Aerobics, 1:00pm Zumba, 1:30pm Yoga

For more information contact Vanessa L. Lenear at (859) 647-5439 or vanessa.lenear@florence-ky.gov.



Other activities throughout the year will be provided by Boone County Parks and R.C. Durr YMCA

