

FREE



SAFE FUN-FIT at the *Bayfront*

EVERY SATURDAY 2024

8am – 11am

The Water's Edge

402 S. Shoreline Blvd.

Fitness Lane

- Bike
- Run
- Walk

8am – 11am

1.5 Miles of Pedestrian Space

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

More info...

- Fruit & water provided by H.E.B
- Yoga mats available
- Self Defense class 1st Saturday of every month at 8 am (replaces back to basics)
- Walk with a Doc 2nd Saturday of every month
- Subject to cancellation due to weather



For more information:
Call 826-PLAY
Live. Learn. Play!

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** (8am – 10:40am)
- **5K Walk/Run** (if scheduled)

At the Islanders Pavilion:

- **Back to Basics with Ashley Chapa** (8am – 8:40am)
- **Yoga with Ashley Chapa** (9am – 9:40am)
- **Zumba with Esmeralda MeGee**(10am – 10:40am)

Registration

Register Online at <https://www.cctexas.com/safefunfit>

- **Class Size Limit:** 30 participants per class
- **Ages 8-16** must be accompanied by an adult

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.

