

# Naturally Fit



**Kick off the Weekends this summer with the Sonoma County Family YMCA and Sonoma County Regional Parks Naturally Fit program.**

Every Friday will feature a certified YMCA instructor and a different opportunity to get outside and exercise with the family. Featured classes are: Cardio Kickboxing, Yoga, Zumba, Boot camp and jogging/walking the Spring Lake Par Course. The sessions are free with a suggested donation of \$3 per person or \$5 per family. No registration required. Please limit child participation to 1<sup>st</sup> graders and older.



**WHEN:** Fridays June through August

6:00 – 7:00PM

**WHERE:** Spring Lake Swimming Lagoon,  
393 Violetti rd, Santa Rosa, CA 95409



Get Naturally Fit today! [sonomacountyparks.org](http://sonomacountyparks.org)