



★ EST. 1979 ★

NATIONAL FITNESS CAMPAIGN

FITNESS COURT

Join Palmdale's New Fitness Court Ambassadors Johnnie and Karsten!

They will be offering **FREE** introductory and intermediate classes at Pelona Vista Park Fitness Court. *Register today!*

Presented by



Antelope Valley Medical Center



MAY 28
10-11 AM
BEGINNERS CLASS
Ambassador Johnnie



JUNE 4
10-11 AM
INTERMEDIATE CLASS
Ambassador Karsten



JUNE 11
10-11 AM
BEGINNERS CLASS
Ambassador Johnnie



JUNE 18
10-11 AM
INTERMEDIATE CLASS
Ambassador Karsten



JUNE 25
10-11 AM
INTERMEDIATE CLASS
Ambassador Johnnie



 **CITY OF PALMDALE**
PARKS & RECREATION

www.PlayPalmdale.com

About National Fitness Campaign

Founded in 1979, National Fitness Campaign partners with local communities and nationwide sponsors to promote healthy infrastructure. The Fitness Court™ ecosystem combines digital tools, challenges, and best-in-class equipment to create the world's best outdoor gym. With original locations in 4,000 cities worldwide, a flagship installation in San Francisco, and 100 new locations across the US, National Fitness Campaign is committed to making world class fitness free for everyone.