



PARK & RECREATION MONTH

CELEBRATING
SINCE 1985



Celebrate Parks & Recreation's 30th Anniversary! EMBRACING THE 80s

July 3 - All American Picnic

All American Picnic at the Senior Center with the Bluegrass Patriots.

July 4 - Independence Day Celebration

Celebrate America's Independence with family friendly activities. Parade starts at 10:00 a.m. and fireworks at 9:15 p.m.

July 25 - The Farm

30th Anniversary at The Farm means free admission, stick horse riding and a barn dance.

Visit fcgov.com/recreation for more information about these and other events being hosted during Park and Recreation Month.

July 13-17 - 80s Flashback Week

Register for all 5 days of our 80s fitness events at Northside and receive a \$5.00 discount! Best 80s outfit for each event wins a free 4-week class.

July 13 - 80s Aerobics

Rock out in 80s Aerobics by Spinning for 45 minutes then changing up your pace with 45 minutes of Step.

July 13 - 80s Yoga

80s Yoga Class includes an additional 30 minutes more of yoga so you can hold a pose longer, lengthen a stretch, or meditate.

July 14 - 80s Dance

Includes 45 minutes of Bollywood Dance and 45 minutes of Fitness Flash Mob back-to-back.

July 16 - 80s Fat Blast

Combine CrossTrain and Boot Camp into one 1 ½ hour session. New or returning, this class will have your heart at its peak while incorporating H.I.I.T. exercises and strengthening techniques.

July 17 - 80s Zumba Craze

We're embracing the 80s with beatbox music, bright clothes and big hair for 2-hours of fun! Specialty refreshments provided.