



First Annual **Get Fit Day**

on the New Haven Green

(located at 165 Church Street)

Saturday, April 5, 2014

10:00am – 3:00pm

Join Mayor Harp and others on the New Haven Green for Get Fit Day! Activities for all ages including:

- Exercise Classes
- Climbing Wall
- Walking Tours
- Healthy Food Vendors
- Farmer's Market (short walk)
- Health Screenings

Rain Date
Saturday, April 12, 2014

Host Sponsor: City of New Haven Parks & Recreation

Need help finding healthy food or a place to exercise? It's all coming together at GetHealthyCT.org



Mission: To eliminate obesity by removing barriers to healthy eating and physical activity through inclusive collaboration of all stakeholders in our community.



Like us on
Facebook!

Get Fit Day

Saturday, April 5, 2014

10:00am – 3:00pm

Schedule of Events

10:00 am	Welcome Mayor Harp
10:00 am - 1 pm	Pound 4 Pound Food Donation
10:30 - 11:00 am	Zumba®
11:15 - 11:45 am	Fit Training / Attitude Dance and Fitness
12:00 - 12:30 pm	Insanity Workout
12:45 - 1:15 pm	Title Boxing
1:30 - 2:00 pm	Hip Hop
2:15 - 2:30 pm	Zumba Kids®
2:30 - 3:00 pm	Performing Arts Center



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