FREE











# 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
- Walk with a Doc 2<sup>nd</sup>
   Saturday of every month
- Subject to cancellation due to weather



For more information:

Call 826-PLAY

Live. Learn. Play!



**EVERY SATURDAY 2025** 

## 8am - 11am The Water's Edge

402 S. Shoreline Blvd

#### **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

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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.