

**TRANSFORM
YOUR BODY
TRANSFORM
YOUR COMMUNITY**

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**MOVE
EAST
WACO**
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A free community wide
kickoff showcasing ways
to get up and get moving!

MAY 16, 2019

OSCAR DUONGEE (CARVER) PARK

1661 J J FLEWELLEN RD

6:30 - 8:00 PM

- See live fitness demonstrations that you can practice at home: Zumba, Boxing, Hip Hop Aerobics, Yoga, Tai Chi
- Learn more about upcoming free “Move East Waco” Fitness Classes

For more Information contact Cuevas Peacock at
cuevas@grassrootswaco.org

supported by



**TRANSFORM
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MÖVE EAST WACO

**OSCAR DUCONGEE
(CARVER) PARK
1661 J J FLEWELLEN RD
6:30 - 7:30 PM**

Six weeks of free fitness
and health education
classes showcasing ways
to get up and get moving!

Raffle prizes will be given away
at the end of each week from the
following organizations



For more Information contact
Cuevas Peacock at
cuevas @grassrootswaco.org

MAY 21~TABATA

HEALTHY COOKING DEMONSTRATION

MAY 23~TABATA

HEALTHY COOKING DEMONSTRATION

MAY 28~DANCE CARDIO

THE IMPORTANCE OF GREEN VEGGIES

MAY 30~ZUMBA

THE IMPORTANCE OF GREEN VEGGIES

JUNE 4~TURBO KICK

CREATING A BALANCE PLATE

JUNE 6~TURBO KICK

SAVING MONEY AT THE GROCERY STORE

JUNE 11~LINE DANCING

SLEEP FOR BETTER HEALTH

JUNE 13~HIP HOP AEROBICS

TIPS TO HELP YOU STRESS LESS

JUNE 18~ZUMBA

10 TIPS FOR STAYING ACTIVE

JUNE 20~ZUMBA

TIPS FOR STRESS RELIEF

JUNE 25~YOGA

RETHINK YOUR DRINK

JUNE 27~YOGA

POST HEALTH ASSESSMENTS

CLASSES BROUGHT TO YOU BY

