



City of Bastrop

RECREATION

Family Fit!

The family that plays together, stays healthy together! Join Coach Brian every Saturday morning for a family workout!

Testimonial: Our family loves the class. My husband and I get to exercise alongside our children showing them that we value the importance of practicing lifelong good health. The kids have learned the importance of supporting and encouraging one another and they love that mom and dad need encouragement from them too.

~ Participating Mom 😊

For ages 6 to 15 years old

9am

Bob Bryant Park, Outdoor Fitness Unit, 600 Charles Blvd.

Coach Brian LeMelle will lead the program