



City of Bastrop

# RECREATION

## **Family Health & Conditioning**

**This program is a great way for families to stay healthy together!  
Workouts are designed for cardio and strength conditioning.  
Families that play together, stay healthy together!**

**For ages 6 to 15 years old**

**Bob Bryan Park, 600 Charles Blvd**

**9am to 10:30am**

**Coach Brian LeMelle will lead the program**