



Women's Fitness Day at the YWCA!

"OOO Girl, Isn't it time to get movin'?"

YWCA of Oakland - 1515 Webster Street, Oakland
June 5, 2004 - 9am to 3pm

The YWCA of Oakland in partnership with the Alameda County Office of Education, Team Up for Youth, Healthy Communities, Sports 4 Kids, The Bay Area Black United Fund and numerous other community partners, is hosting an exciting day of events to help every woman step into fitness!! Women's Fitness Day, a Five-A-Day Be Active Program, will feature a full day of free classes, workshops, fun, food and games to help the whole family learn easy ways to get fit through daily physical activity and proper nutrition.

Special activities for the whole family!!!!!!
Come and enjoy free classes, food, prizes and more!

- Salsa, Sittercise, and Hip Hop for Health, Dance Classes!
- Cooking Demos by Chef Leslie James!
- Fit at Any Size Movement Class
- Kids' activities with Sports 4 Kids and The Golden State Warriors!
- Weight Training for Women!
- Mobile Medical Unit performing routine health screenings
- Walking Club training
- Spinal Alignment Analysis (Chiropractic)
- Performances By FAME! And MORE!

For more information on the event or to sign up for walking club training, contact Carmen Bogan or Marlene Rubain at (510) 451-7910 e-mail cbogan@ywcaoakland.org or ruz2@aol.com

A Project of the Oakland Physical Activity Resource Center (OakPARC) Partnership



It's So Easy.

