



Fit & Fun in June

The Lebanon community will have a chance to be active and have some fun before the day heats up **every Saturday at 9:00 AM** during the month of June at **Coleman Memorial Park**. All activities are **FREE** and will begin on the upper parking lot past the pool, except the first event only will be held on the Amphitheater stage.

JUNE 2ND - SALSA - Mayor Sherry Capello will kick off Fit & Fun in the Park dancing the same stellar Salsa dance as she did to kick off the 2018 Lebanon Dancing with the Stars event. After the dance, join the Salsa/Fitness instructor who choreographed the Mayor's dance, Adalice Burgos for a fun group Salsa class on stage.

*Held at the Amphitheater stage.

JUNE 9TH - LABLAST - Have a blast with the 2017 National LaBlast Instructor of the Year AND 2018 Lebanon Dancing with the Stars champion, Georgie Wilson in a great LaBlast dance class. LaBlast is a dance fitness program based on the dances seen in Dancing with the Stars. Lots of fun & variety!

JUNE 16TH - WALK WITH THE MAYOR + Nutrition with a Licensed Registered Dietitian - Join Mayor Capello for a walk through Coleman Memorial Park and learn some of the features and history of the Park. Following the walk, hear from Licensed Registered Dietitian Kathy Thomas on how to pack a healthy picnic lunch, along with tips on how to avoid food poisoning during summer picnics AND receive a healthy snack. **REGISTRATION REQUIRED**. Registration forms can be obtained at www.lebanonpa.org

JUNE 23RD - BOOT CAMP - Join one of Lebanon's most experienced outdoor Boot Camp instructors, Nicole Maurer for a creative and fun workout! Modifications will be given for all fitness levels.

JUNE 30TH - LABLAST LINE DANCE - Have some LaBlast fun in the form of line dancing with the 2017 National LaBlast Instructor of the Year and 2018 Lebanon Dancing with the Stars champion, Georgie Wilson. Don't miss this awesome season finale!

*In case of rain, the event will be held at the Lebanon Valley Family YMCA, 201 North 7th Street

For questions, contact: Michelle Remlinger at 717-272-6611.