



# MAXIMIZE YOUR WORKOUT FREE PHYSICAL ACTIVITY COACHING

February 17 to May 10, 2020

Get help from CSUF Kinesiology students to set goals, create a plan, create or modify your workout using the exercise equipment at your local park and help you become more physically active.

Find us dressed in **orange** at the exercise equipment at your local park.

Please note coaches will not be present from March 30-April 5.



Move More, Eat Healthy



## BUENA PARK

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MON. 7:30-9:30 AM  
BELLIS PARK

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MON. 9:00-11:00 AM  
PEAK PARK

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WED. 5:30-6:15 PM  
LINDBERGH PARK

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SUN. 3:00-3:45 PM  
SAN MARINO PARK

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SUN. 4:00-5:00 PM  
PEAK PARK

Follow us on Instagram  
@kin\_act or on Facebook  
Or contact Dr. Wilson at 657-  
278-8329 to learn more

[http://hhd.fullerton.edu/knes/  
ResearchLabs/atepl/schedules  
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