



# 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



## FULLERTON

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TUES. 7:00-9:00 AM  
LEMON PARK

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TUES. 4:00-6:00 PM  
WOODCREST PARK

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WED. 9:00-11:00 AM  
INDEPENDENCE PARK

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WED. 4:15-5:15 PM  
INDEPENDENCE PARK

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THURS. 4:00-6:00 PM  
WOODCREST PARK

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FRI. 9:00-11:00 AM  
GILBERT PARK

Follow us on Instagram  
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Or contact Dr. Wilson at 657-  
278-8329 to learn more

[http://hhd.fullerton.edu/knes/  
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