



FITNESS ON THE TRAIL

Hit the Oso Creek Trail on Saturday, March 18 and 25
at 8:30 am for Fitness on the Trail!

March 18, 8:30 am – HIIT Circuit

Montanoso fitness instructor Sarah will challenge your strength and cardio with a HIIT Circuit class designed to make you sweat.

March 25, 8:30 am – Pilates

Montanoso fitness instructor Gia will get you stretching and flexing with a Pilates class by the creek designed to lengthen, strengthen, and tone those muscles.

These classes are FREE to the public. Participants should bring a mat, towel, and water and visit the check-in booth before class. Both classes take place in the open grass space on the Oso Creek Trail by the Celebration Garden, below the World Cup Fields near the Norman P. Murray Community and Senior Center.

Take the journey outdoors by walking or biking to class!

Come play in your own backyard!