



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



LA HABRA

MON. 7:00-8:00 AM
LAS LOMAS PARK

MON. 8:15-9:00 AM
MONTWOOD PARK

TUES. 9:00-10:00 AM
BRIO PARK

TUES. 10:15-11:00 AM
LAS LOMAS PARK

SUN. 9:00-10:00 AM
IMPERIAL MIDDLE SCHOOL

SUN. 10:15-11:00 AM
LAS LOMAS 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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