

# ***Find Your Fit***

***Sunday, Sept. 14, 2025***

***1-4 p.m.***

***Oak Park Community Center Lawn***



Join us for a free event featuring rock climbing, fitness activities, inflatables and more for all ages and abilities! Presented by Oak Park Recreation and Oakland County Parks, as part of the Restore in the Outdoors series. Additional activities include stick-it archery, inflatables, climbing tower, arts and crafts, nature walks and a wellness-themed nature table.

No registration needed. Food and beverages will be available for purchase.

## **Schedule of Fitness Activities:**

***1:15-1:45 p.m. Zumba***

***2:15-2:35 p.m. Chair Yoga***

***2:40-3 p.m. Family Yoga***

***3:15-3:45 p.m. Hustle***

**Questions about this event?**  
**Call 248-858-0916.**

**OAKLAND  
COUNTY PARKS**  
OaklandCountyParks.com

