



FAMILY FITNESS DAY

SATURDAY SEPTEMBER 12TH 2:00-4:00PM

Held @ Mills Pond Park

Join us at Mills Pond for a fun-filled family fitness day. The event will include free demos of various fitness classes including Zumba, Hoop Dance, Yoga and more! Full schedule coming soon. Healthy snacks will be available to those who participate as well as a few local vendors that will be on site. Chance to win Canton Parks and Recreation giveaways like apparel, water bottles, and more!



ADMISSION IS FREE!

FOR ANY QUESTIONS PLEASE CONTACT COURTNEY HEWETT, RECREATION SUPERVISOR AT

860-693-5808 OR CHEWETT@TOWNOFCANTONCT.ORG

