

MAPLE FAMILY FITNESS NIGHTS



The Adrian Public Schools Recreation Department is teaming up with Blackhorse Crossfit, the City of Adrian, the YMCA of Lenawee, and RUN SKEELS, to bring Maple Family Fitness Nights to Heritage Park this summer.

With the ever-changing landscape around us, the importance of health and wellness, as well as a sense of togetherness, has never been more important. So, join us every Tuesday and Thursday night, from 6 - 7 pm, starting July 14th and running through August 6th, as we explore functional fitness: Focusing on improving our cardiovascular and strength in an environment where all people of all fitness levels can improve their overall wellness. The environment will be encouraging and positive, where all individuals can focus on self-improvement in a group dynamic. It's You vs. You. "Let's Be Stronger Together!"

These sessions will be FREE to all APS students and families as well as City of Adrian residents. Keep in mind we will still be adhering to social distancing measures to ensure everyone's health and safety. All participants are required to bring their own water bottles.

If you have any questions, please call Adrian Public Schools Recreation Director, Jeremiah Davies at 517-417-6299 or email him at jdavies@adrian.k12.mi.us

Maple Fitness Night Dates

Tuesdays: 7/14, 7/21, 7/28, 8/4

Thursdays: 7/16, 7/23, 7/30, 8/6

