



# STEP IT UP **II**

## FAMILY FITNESS PROGRAM

**SAVE THE DATES TOWARDS A HEALTHIER LIFESTYLE.  
A FIVE-MONTH WALK/RUN PROGRAM  
FOR COUNTY RESIDENTS.**



**WATKINS REGIONAL PARK | SATURDAY, MAY 4TH  
301 WATKINS PARK DR, UPPER MARLBORO, MD 20774  
10:00AM - 12:00PM**

**TUCKER ROAD ATHLETIC COMPLEX | THURSDAY, JUNE 27TH  
1770 TUCKER RD, FORT WASHINGTON, MD 20744  
6:00PM - 8:00PM**

**BUDDY ATTICK PARK TRAIL | WEDNESDAY, JULY 17TH  
555 CRESCENT RD, GREENBELT, MD 20770  
8:30AM - 10:30AM**

**FAIRWOOD COMMUNITY PARK | WEDNESDAY, AUGUST 14TH  
12390 FAIRWOOD PKWY, BOWIE, MD 20720  
6:00PM - 8:00PM**

**BLADENSBURG WATERFRONT | SATURDAY, SEPTEMBER 14TH  
4601 ANNAPOLIS RD, BLADENSBURG, MD 20710  
10:00AM - 12:00PM**

