

KICKOFF
MAY 7

9:00 a.m to 11:00 a.m.

Marion Square



ADVENTURE OUT

TURN OVER A NEW LEAF

Join the best fitness instructors from the MUSC Wellness Center in the prettiest landscapes in the City of Charleston's parks to get you moving in the great outdoors. Adventure Out features fun classes, including Zumba dance, yoga, kick boxing, circuit training and more to help you turn over a new leaf and discover the benefits of green exercise.

When: Beginning May 7th and throughout the year – free fitness activities. No purchase required.

Where: Offered in various City of Charleston Parks and on the MUSC campus, including Hampton Park, Brittlebank Park, Marion Square, Cannon Park and the Maritime Center.

Adventure Out Family Fitness Day: Saturday, May 7 from 9:00 a.m. to 11:00 a.m. at Marion Square featuring family fun fitness games.

How: Just show up for class and sign a wavier. That's it!

For more information and to see the calendar of classes, visit www.musc.edu/ohp/adventure-out. Also, be sure to check out the Adventure Out Facebook page ([muscadventureout](https://www.facebook.com/muscadventureout)). Contact for the event is Dr. Susan Johnson (johnsusa@musc.edu).

