

Ferguson Sunday Parkways 2010!

Forestwood Park

Sunday, July 25, 1-4pm

Welcome to Sunday Parkways! Ferguson Ave. from Forestwood Park to Elizabeth is closed to traffic from 1-4pm today. Feel free to play in the streets: walk, run, bicycle, skateboard, etc. There are also many activities in and around the park that you can try. The schedule for these activities is below. See the map for the locations of these activities. **The park is open to the public.**

Schedule of activities

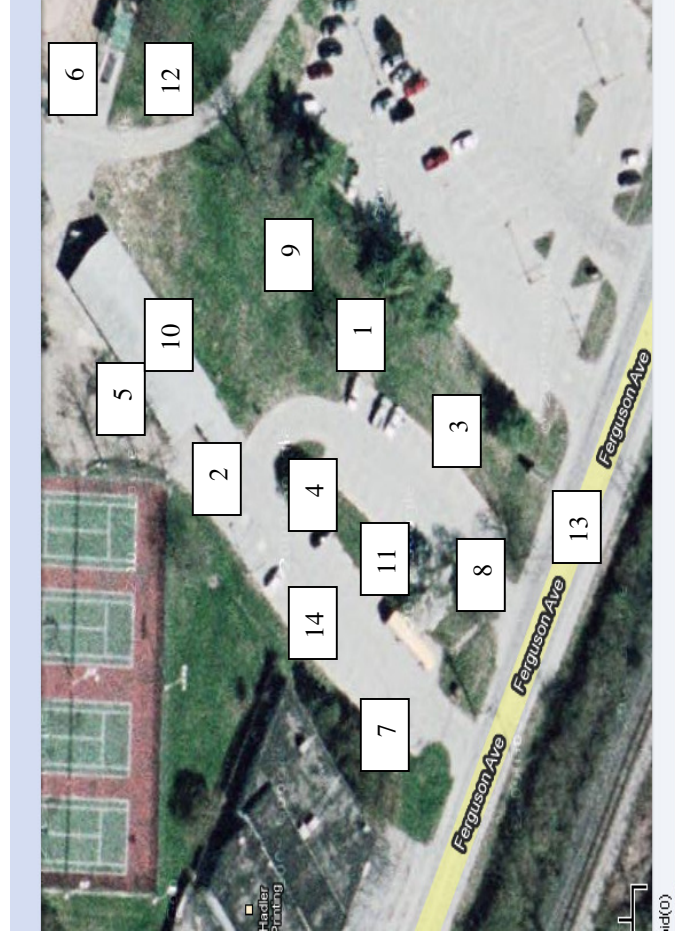
- Zumba/Aerobics
1:00 – 1:30 (Zumba)
2:30 – 3:00 (Aerobics)
- Cardio Kick/Kick Boxing
2:00 – 2:30 (Cardio Kick)
3:00 – 3:30 (Kick Boxing)
- Yoga
1:30 – 2:00
2:30 – 3:00
- Belly Dancing
3:00 – 3:30
- Jump Rope
1:00 – 4:00
- Hula Hoops
1:00 – 4:00
- Basketball
1:00 – 4:00
- Volleyball
1:00 – 4:00
- Kickball
1:00 – 4:00
- BMX
2:00 – 3:00
- Fun Run
2:00 (meet at Info Tent)
- Face Painting
1:30 – 3:30 (in Tent area)
- Do the Loop!
1:00 – 4:00
(go to Info Tent to get instructions)
- Bike Blender
1:00 – 4:00 (at Bike Alley)
- Bike Helmet Fitting
1:00 – 4:00 (at Bike Alley)
- Bike Safety Class
1:15 – 1:30 (at Bike Alley)
2:15 – 2:30 (at Bike Alley)
3:15 – 3:30 (at Bike Alley)
- Loaner Bikes
1:00 – 4:00 (at Bike Alley)

Tents

- Info Tent
- Clowns
- YMCA
- Ferguson Cycling Club
- Food Tent
- Neighborhood Tent
- Great Rivers Greenways
- Live Well Ferguson Running Club

Locations of Sunday Parkways Activities

- 1- Tents
- 2- Yoga
- 3- Bike Alley
- 4- Belly Dancing
- 5- Cardio Kick/Kick Boxing
- 6- Kickball
- 7- Basketball
- 8- Jump Rope
- 9- Hula Hoops
- 10- Zumba/Aerobics
- 11- Drummers/Dance
- 12- Volleyball
- 13- Fire Truck
- 14- BMX
- 15- Do the Loop (not shown)



Thanks for Coming

**Hope to see you on at the next
Sunday Parkways on October 3rd.**