

**Food  
Trucks**

Melrose Athletic Complex

**10<sup>TH</sup> ANNUAL**

**SATURDAY MAY 12, 2018**

**10:00 AM -1:30 PM**

**Free  
Samples**



**HEALTHY MELROSE**

**FAMILY WELLNESS & FITNESS FAIR**

**ACTIVITY SCHEDULE**

**REGISTER FOR ALL ACTIVITIES ONLINE [FITLIFEMELROSE.COM](http://FITLIFEMELROSE.COM) OR  
DAY OF SIGN UPS WELCOME!**

**10:00 – 10:45 AM HARMONY FLOW YOGA WITH BLUE MONKEY**

**10:50 – 11:45 AM ZUMBA WITH ACEA & HEATHER**

**11:00 - 11:30 AM SENIOR WORKOUT WITH FIT LIFE**

**11:50 - 12:25 PM BARRE WITH BARRE & SOUL**

**12:30 – 1:10 PM HIIT / STRENGTH WITH FIT LIFE**

**KARATE DEMOS (SEE [HEALTHYMELROSE.COM](http://HEALTHYMELROSE.COM) FOR AGE/TIMES)**

**[WWW.HEALTHYMELROSE.COM](http://WWW.HEALTHYMELROSE.COM)**

**ACTIVE \* SUSTAINABLE \* ORGANIC**

**OVER 50 VENDORS**

**FREE GIVEAWAYS**

**FREE FOOD SAMPLES**

Sponsored by: The City of Melrose & Hallmark Health Systems