

# New Wednesday Farmers Market and Free Fitness Classes

Baldwin Hills-Crenshaw Medical Offices  
3782 W. Martin Luther King, Jr. Blvd.



All are invited to take advantage of a new Farmers Market, starting **Wednesday, October 10**, at our Baldwin Hills-Crenshaw Medical Offices. Get local, fresh produce and delicious prepared foods every Wednesday from 9:30 a.m. to 2:30 p.m.

We are also introducing a variety of FREE exercise classes, such as line dancing and Zumba, all of which are open to the community. See the schedule below. No pre-registration is required.

Class- Start Date	Day- Reoccurrence	Time	Location
Soul Line Dancing - 10/8	Mondays (Weekly)	5 p.m. to 6 p.m. 6:15 p.m. to 7:15	Conference Center
Farmers Market - 10/10	Wednesdays (Weekly)	9:30 a.m. to 2:30 p.m.	Outside of the main entrance
West Adam's Worksource- Job Advisor on Site - 10/10	2 <sup>nd</sup> Wednesday (Monthly)	10 a.m. to 1 p.m.	Public Square (Inside the facility, 1st floor)
Soul Line Dancing - 10/3	Wednesdays (Weekly)	11 a.m. to 12:30 p.m. 12:30 p.m. to 2 p.m.	Conference Center
Zumba - 10/10	Wednesdays (Weekly)	5:30 p.m. to 6:30 p.m.	Conference Center
Circuit Training Bootcamp - 10/27	Saturdays (Weekly)	8:30 a.m. to 9:30 a.m. (Adults and 13 -17 years old*)	Community Lawn (field closest to Marlton Ave.) Only MLK Blvd gate open on Saturdays

For more information, please visit [kp.org/baldwinhillscrenshaw](http://kp.org/baldwinhillscrenshaw)

\*Parent or guardian must remain onsite for the duration of the class