



**FOR IMMEDIATE RELEASE**

March 30, 2023

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**HOUSTON PARKS AND RECREATION DEPARTMENT TO HOST  
FIT FEST AT ALIEF NEIGHBORHOOD CENTER**

The Houston Parks and Recreation Department (HPARD) presents **FIT FEST** a FREE day of physical fitness, youth sports clinics, and family fun in the park on **Saturday, April 1, 2023** beginning at 10:00 am. The event will take place at the newly reopened **Alief Neighborhood Center and Park, 11903 Bellaire Blvd.**, Houston, Texas 77072.

The **Fit Fest** Celebration will be hosted by HPARD Fitness Director, Shadston Pittman, and will include demonstrations by Coach Esmar of Esmar Fitness; Raul Orlando Edwards of Strictly Street Salsa; Sandy Dial with Zumba demonstrations; and Rod and Mo of Hip Hop Step. Additional activities will include sports clinics, and fun family activities for all.

**WHAT:** Fit Fest Celebration  
A Day of Physical Fitness & Family Fun

**WHEN:** Saturday, April 1, 2023  
10:00 am

**WHERE:** Alief Neighborhood Center and Park  
11903 Bellaire, Blvd., 77072

In addition to the fitness demonstrations other activities offered onsite will include TaiChi (inside in the Senior Center rooms 1 and 2); Futsol, tabletop tennis, Pickleball, soccer, basketball, the Houston Health Department's DAWN Diabetes Clinic, and Sharpstown Dental Clinic. The Fit Fest Celebration is free and open to everyone.

**About the Houston Parks and Recreation Department**

*The Houston Parks and Recreation Department (H.P.A.R.D.) stewards and manages 382 parks and over 39,501 acres of parkland and greenspace for the City of Houston and develops and implements recreational programming for citizens of all abilities. For more information on the Houston Parks and Recreation Department, call (832) 395-7022 or visit [www.houstonparks.org](http://www.houstonparks.org).*