

# Joy of Working Out

FITNESS WATER  
*propel*



DETROIT  
**RIVERFRONT**  
CONSERVANCY

# Join us for free fitness classes with Propel.

Thanks to our partnership with Propel, Valade Park will be full of fun free fitness activities and giveaways for all ages every Saturday and Sunday in August.

- Sat, Aug 6**      **Propel Fitness Days**  
Free fitness classes between 8AM-12PM
- Sun, Aug 7**      **Canine to Five Pack Walk**  
Walk the Riverwalk with your pooch 10:30AM-12PM
- Sat, Aug 13**     **Black Health Movement**  
Circuit fitness workouts on the Riverwalk 9AM-12PM
- Sun Aug 14**     **Propel Fitness Days**  
Free fitness classes between 9:30AM-12PM
- Sat, Aug 20**     **Little Guide Stroller Roll**  
Family-friendly wellness walk 9-11AM
- Sun Aug 21**     **Canine to Five Pack Walk**  
Walk the Riverwalk with your pooch 10:30AM-12PM
- Sat, Aug 27**     **Propel Fitness Days**  
Free fitness classes between 9AM-12PM

For more info and the full class schedule, visit [propelyourjowo.com](http://propelyourjowo.com) & [detroitriverfront.org/propel](http://detroitriverfront.org/propel)



## Riverfront Reflections

The Detroit Riverfront Conservancy has partnered with Inner Explorer to create a series of audio recordings featuring mindfulness prompts themed around the Detroit River.

With activities ranging from mindful breathing, to gratitude reflections, and movement prompts, these recordings are designed to provide a few moments of peace and intentionality to your time on the riverfront.

To listen, visit [RiverfrontReflections.org](http://RiverfrontReflections.org) or scan the QR code. As you scroll down you'll see recordings for all ages, starting at 3 years old. Click on the age range that applies to you or your child and you will see a selection of recordings to listen to, ranging from 2 – 7 minutes.

Visitors are encouraged to find a space along the riverfront to pause and tune in to the recordings to add a bit of mindfulness to their visit.

# Mindful Moments Walking Tour

Take a mindful walk by finding “Mindful Moment” stickers throughout Robert C. Valade Park.

- Begin your walk by making your way to the bridge to find the first Mindful Moment sticker. Stand on the sticker and embrace the stillness. What do you notice?
- From the bridge, walk along the sand towards the water for the next Mindful Moment. Here you’ll have the opportunity to check in with your body and breath. You can do this standing on the sticker, or by sitting on the nearby benches and chairs.
- To find the third mindful moment walk across the barge. Feel the water underneath you cross the barge then continue east along the riverwalk until you arrive at the sticker that prompts you to check in with your senses. How many things can you sense from this spot?
- How can you embrace this mindful mindset as you make your way back to the park and continue your day?

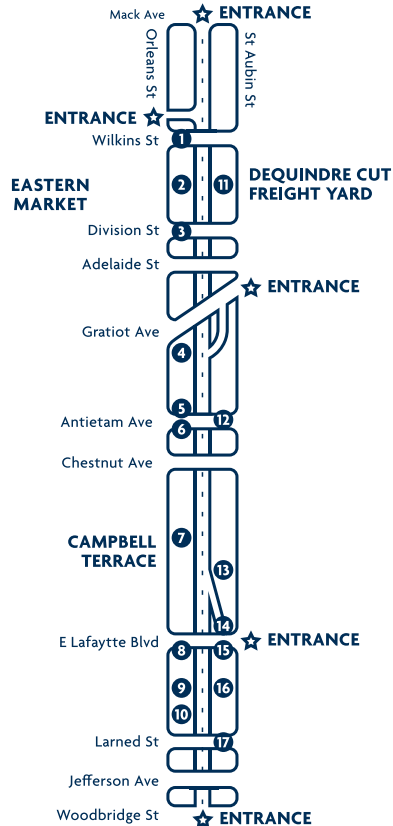


Looking for more mindful moments? Stickers can be found in Gabriel Richard Park and Cullen Plaza. Visit each park to find unique prompts to explore.

# Explore the Cut

Visit our 1.65 mile greenway and enjoy the unique art on the Dequindre Cut. Share a photo of your favorite mural and be sure to tag @DetroitRiverfront.

- 1: Sydney James, 2018
- 2: Alex Senna, 2017
- 3: Freddy Diaz, 2019
- 4: Malt, Tead, & Phers, 2009
- 5: Fel3000ft, 2012
- 6: Mike Han, 2013
- 7: Shades, 2013
- 8: Kristin Adamczyk & Ouizi, 2014
- 9: Hygienic Dress League, 2014
- 10: Malt, 2012
- 11: Senghor Reid, 2016
- 12: William Lucka, 2015
- 13: W.C. Bevan, 2017
- 14: Freddy Diaz, 2020
- 15: Ellen Rutt, 2014
- 16: Hygienic Dress League, 2014
- 17: Malt, 2012



Hygienic Dress League, 2014



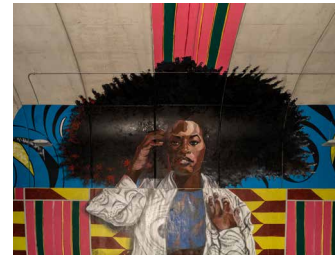
Kristin Adamczyk & Ouizi, 2014



William Lucka, 2015



W.C. Bevan, 2017



Sydney James, 2018



Freddy Diaz, 2019





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