East Sunday Parkways

Sunday May 12, 2013 11 am - 4 pm

LENTS PARK

Live Music stage

11:30 am - 12:30 pm Carroll Raaum Swing Orchestra

1:00-2:00 pm

Sparkle Movement Entertainment Hoops and dancing!

2:30-3:30 pm DJ Doc Rock

Free basic bike repair

UNIVERSAL CYCLES

Electric bike demo Free basic bike repair

\$6 bike helmets Women on Wheels Food, exhibitors and more

GLENWOOD PARK

Opsfest Shakepeare
Circus Cascadia
Climbing wall
Free basic bike repair
Clif Kid
AARP of Oregon
Marinello Schools of Beauty
Reinvent yourself at Marinello
School of Beauty
Food, exhibitors and more

BLOOMINGTON PARK

Soccer tournament



ED BENEDICT PARK

Dance/fitness classes from Portland Parks
11:00-11:30 am Zumba
11:35 am-noon Nia
12:05-12:30 pm Bellyfit

12:35-1 pm..... Zumba **1:05-1:30 pm.....** Zumba Gold

1:35-2 pm..... Aerobics – Step Up

Your Metabolism

2:05-2:30 pm Nia

2:35 - 3:00 pm Zumba

3:05 - 3:30 pm Aerobics – Rev Up

Your Metabolism

3:35-4:00 pm Zumba Gold

Kaiser Permanente supports Sunday Parkways — to help everybody thrive!

- Download the Every Body Walk! app with built-in GPS trail maps and exercise timer.
- Sample tasty, healthy food and get the recipe from their in-house chef.

Bike Gallery

Free basic bike repair NW Trail Alliance skills track

Food, exhibitors and more

FOSTER FLOOD PLAIN NATURAL AREA

Fish hats, tours, and live music Free basic bike repair Food, exhibitors and more

GILBERT HEIGHTS SCHOOL

Free basic bike repair Water pit stop Bouncey inflatable castle