



Oakland, CA

Playworks FitRave in Jack London Square, Oakland

By Leanne Dow, Concord Diet and Exercise Examiner

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Playworks is an organization that brings "healthy inclusive play" to children throughout Oakland and Berkeley. Playworks held the first in a series of 3 events to raise money. The FitRave was held in Jack London Square, featuring Spin, Pilates, and cross training workouts with talented Group Fitness and Cycling teachers. The passion for their cause was evident, as they recruited passerbys to join the workouts.

Kyonne Isaac, the community engagement coordinator was manning the information/registration table. She told us about the "Make Recess Count" program, and how playworks helps students learn important social skills, as well as keeps them physically active. She also mentioned numerous future events that Playworks will be hosting.

Future FitRaves will be held September 17th, and October 15th. It is a great chance to get sweaty, burn some calories, learn some new moves, and bring the kid's along! They will also be at Jack London Square in Oakland. Bring your sunscreen and a towel and get involved! All proceeds go to the Playworks organization, a worthy cause!

<http://www.examiner.com/diet-and-exercise-in-oakland/playworks-fitrave-jack-london-square-oakland>