



## ABOUT US

### MISSION

To promote a healthy lifestyle and improved quality of life for the El Paso community by encouraging physical activity, improved nutrition, and a strong mental health



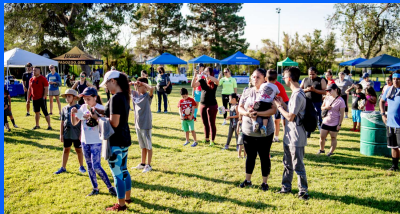
### VISION

Create a well-rounded healthy community with exceptional health and wellness educational opportunities



# LIVE ACTIVE EL PASO

- Citywide initiative
- Launched in July in 2020
- Designed to foster physical activity, mental health, improve nutrition and develop awareness
- Encourage and promote healthy life style choices
- Mitigate chronic health diseases and risks
- Partnerships with organizations and business that focus on health and wellness



LIVE ACTIVE EL PASO



## IMPACT OF LAEP

- 3,370 Pledges
- 70+ Partnerships
- 20+ Partnerships with Neighborhood Associations
  - El Paso Neighborhood Coalition
- 7 City Departments

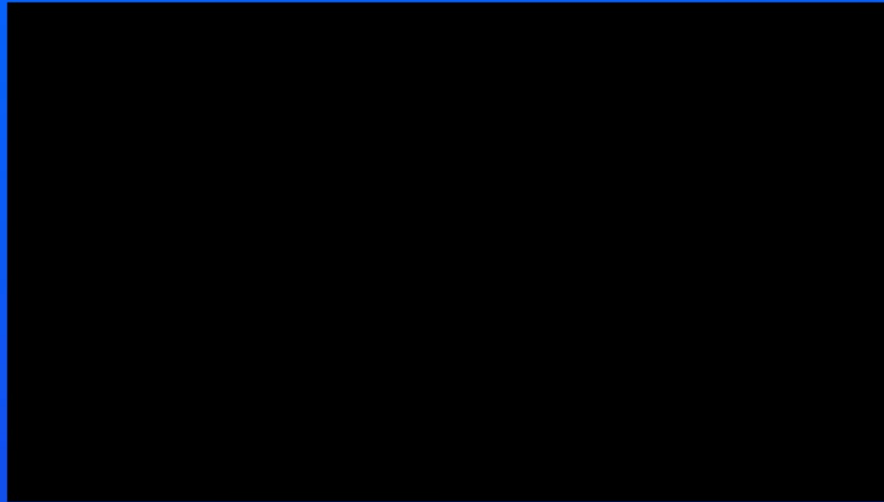


## PAST EVENTS

- FY 2025/ YTD
  - 11 Special Events
  - 481 Fitness Classes
  - 26 Nutrition & Wellness Classes

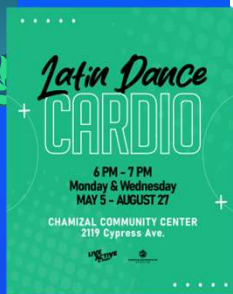
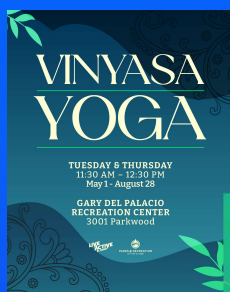


## Love Yourself, Love Your Heart Walk



Events | [Live Active El Paso \(liveactiveep.com\)](http://liveactiveep.com)

## FITNESS CLASSES



### Mondays & Wednesdays:

- 9:15 am Zumba Fuzion
- 10:15 am Zumba Blast
- 6:00 pm Latin Dance Cardio
- 6:00 pm Zumba Madness
- 6:30 pm Zumba Fitness

### Tuesdays & Thursdays:

- 11:30 am Vinyasa Yoga
- 6:00 pm Mind & Body Yoga
- 6:30 pm Zumba Conditioning

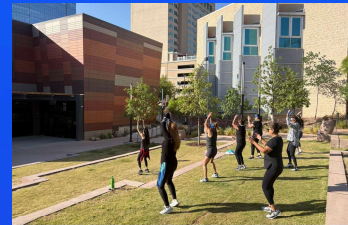
### Saturdays:

- 6:30 am Aqua Strength
- 9:00 am Cardio Blast

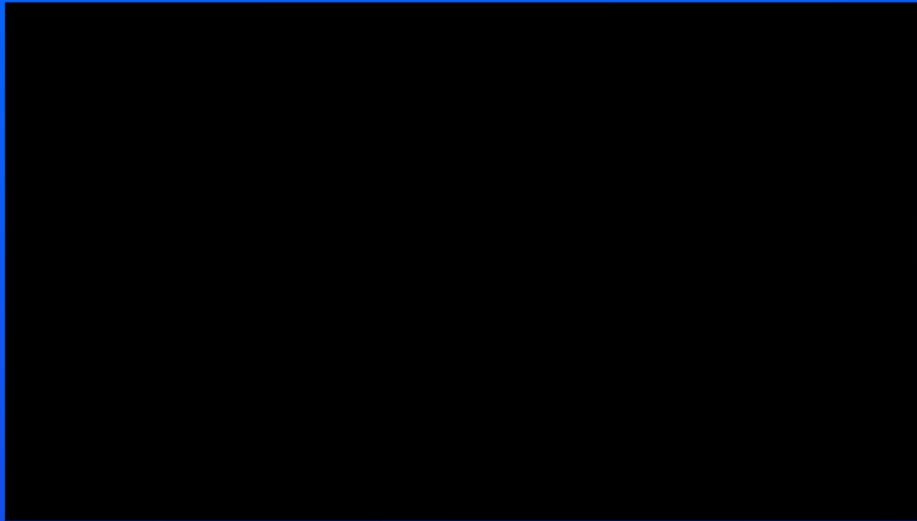




## FITNESS CLASSES



## MENTAL HEALTH – SOUND BATH



## LAEP UPCOMING EVENTS



[Liveactiveep.com/events](https://liveactiveep.com/events)



**LIVE ACTIVE EL PASO** **BE Well!** **THE FRONTIER LAND ALLIANCE** **TEXAS PARKS & WILDLIFE** **LIV3A**

# HIKE-A-THON

**APRIL - SEPTEMBER 2025**  
**STARTING @7:30AM**

**APRIL 19**  
LOST DOG  
NATURE PRESERVE  
1651 REDD RD

**MAY 17**  
LAZY COW TRAILHEAD  
OFFICER ANDREW  
BARCENA DR.

**JUNE 21**  
MAZE TRAIL  
JON CUNNINGHAM BLVD.

**JULY 12**  
OLD TIN MINE  
JON CUNNINGHAM BLVD.

**AUGUST 16**  
PALISADES CANYON LOOP  
1787 E ROBINSON AVE.

**SEPTEMBER 20**  
KNAPP LAND NATURE PRESERVE  
8540 MOUNTAIN VIEW DR.

# LAEP CALENDAR

Today < > May 2025							Month	
SUN 27	MON 28	TUE 29	WED 30	THU May 1	FRI 2	SAT 3		
<ul style="list-style-type: none"><li>9:30am Last Sunday Hike at Upper Sun</li></ul>	<ul style="list-style-type: none"><li>9:15am Zumba Fuzion</li><li>10:15am Zumba Blast 4 more</li></ul>	<ul style="list-style-type: none"><li>11:30am Vinyasa Yoga</li><li>6pm Mind &amp; Body Yoga</li><li>6:30pm Zumba Conditioning</li></ul>	<ul style="list-style-type: none"><li>9:15am Zumba Fuzion</li><li>10:15am Zumba Blast 3 more</li></ul>	<ul style="list-style-type: none"><li>11:30am Vinyasa Yoga</li><li>6pm Mind and Body Yoga</li><li>6:30pm Zumba Conditioning</li></ul>		<ul style="list-style-type: none"><li>6:30am Aqua Strength</li><li>7:30am Old Tin Mine Hike 2 more</li></ul>		
4	5	6	7	8	9	10		
<ul style="list-style-type: none"><li>8:30am Bike Month</li></ul>	<b>Cinco de Mayo</b> <ul style="list-style-type: none"><li>9:15am Zumba Fuzion 4 more</li></ul>	<ul style="list-style-type: none"><li>11:30am Vinyasa Yoga</li><li>6pm Mind and Body Yoga</li><li>6:30pm Zumba Conditioning</li></ul>	<ul style="list-style-type: none"><li>9:15am Zumba Fuzion</li><li>10:15am Zumba Blast 4 more</li></ul>	<ul style="list-style-type: none"><li>11:30am Vinyasa Yoga- Canceled</li><li>6pm Mind and Body Yoga- Canceled</li><li>6:30pm Zumba Conditioning</li></ul>		<ul style="list-style-type: none"><li>6:30am Aqua Strength- Canceled</li><li>9am Cardio Blast- Canceled</li></ul>		
11	12	13	14	15	16	17		
<b>Mother's Day</b> <ul style="list-style-type: none"><li>8am Women Hike to Aztec Caves</li></ul>	<ul style="list-style-type: none"><li>9:15am Zumba Fuzion</li><li>10:15am Zumba Blast 3 more</li></ul>	<ul style="list-style-type: none"><li>11:30am Vinyasa Yoga- Canceled</li><li>6pm Mind and Body Yoga- Canceled</li><li>6:30pm Zumba Conditioning</li></ul>	<ul style="list-style-type: none"><li>9:15am Zumba Fuzion</li><li>10:15am Zumba Blast 3 more</li></ul>	<ul style="list-style-type: none"><li>11:30am Vinyasa Yoga</li><li>6pm Mind and Body Yoga</li><li>6:30pm Zumba Conditioning</li></ul>		<ul style="list-style-type: none"><li>6:30am Aqua Strength</li><li>7:30am Hike-A-Thon-Lazy Cow Trailher</li><li>9am Cardio Blast</li></ul>		
18	19	20	21	22	23	24		
<ul style="list-style-type: none"><li>8am Stroke Walk</li></ul>	<ul style="list-style-type: none"><li>9:15am Zumba Fuzion</li><li>10:15am Zumba Blast 3 more</li></ul>	<ul style="list-style-type: none"><li>11:30am Vinyasa Yoga</li><li>6pm Mind and Body Yoga</li><li>6:30pm Zumba Conditioning</li></ul>	<ul style="list-style-type: none"><li>9:15am Zumba Fuzion</li><li>10:15am Zumba Blast 3 more</li></ul>	<ul style="list-style-type: none"><li>11:30am Vinyasa Yoga</li><li>6pm Mind and Body Yoga</li><li>6:30pm Zumba Conditioning</li></ul>		<ul style="list-style-type: none"><li>6:30am Aqua Strength</li><li>9am Cardio Blast</li></ul>		
25	26	27	28	29	30	31		
<ul style="list-style-type: none"><li>8:30am Last Sunday Hike at West Cotto</li></ul>	<b>Memorial Day</b>	<ul style="list-style-type: none"><li>11:30am Vinyasa Yoga</li><li>6pm Mind and Body Yoga</li><li>6:30pm Zumba Conditioning</li></ul>	<ul style="list-style-type: none"><li>9:15am Zumba Fuzion</li><li>10:15am Zumba Blast 3 more</li></ul>	<ul style="list-style-type: none"><li>11:30am Vinyasa Yoga</li><li>6pm Mind and Body Yoga</li><li>6:30pm Zumba Conditioning</li></ul>		<ul style="list-style-type: none"><li>6:30am Aqua Strength</li><li>9am Cardio Blast</li></ul>		



[Liveactiveep.com/events](https://liveactiveep.com/events)

# TAKE THE LIVE ACTIVE PLEDGE

JOIN THE MOVEMENT AND PARTICIPATE  
IN FREE PROGRAMMING AND EVENTS.

LIVEACTIVEEP.COM

