

FREE FITNESS FAMILY FUN DAY

Saturday, Dec. 9
1:30 - 5 p.m.
Fitness Center



Just bring the family to participate in a fun fitness rotation of five different activities, 25 minutes each. The rotation is divided by age.

ACTIVITIES

NEW

Quidditch from Harry Potter (basketball court)

Zumba (studio A)

Boot Camp (studio B)

Blind Walleyball (racquetball courts)

Relays (track)



Call the Fitness Center
at 247-2791 for details!