

FREE



BREAK A
SWEAT

BURN
CALORIES

ENERGY
LOSE WEIGHT

Wellness

FITNESS

EXTRAVAGANZA

AEROBICS

Run



RIDE

Get in Shape!

GET MOVING
CARDIO

BUILD
MUSCLE

Exercise

TODAY
IS THE DAY
ENDURANCE

STRENGTH

PHYSICAL

Lifestyle

FEEL THE BURN



FREE

3 hours of
30-minute demo
classes back-to-back!

Saturday, January 3, 2015 9 a.m. to Noon

Northside Aztlan Community Center, 112 Willow Street

Family-friendly event including games, a vendor fair and a variety of fitness classes! Adults 16 years and older are welcome to participate in group training, small and large group fitness classes and meet individually with a personal trainer for a fitness assessment. Fitness classes include Barre, Bollywood, Boot Camp, Cross Train, Pilates, R.I.P.P.E.D., Spin, Strength & Toning, TRX, Yoga, Zumba and more!

reDEFINE FIT

fcgov.com/fitness