

FIT FAMILIES



FITNESS EXPO

FEATURING THE NEW



FROG FITNESS



SATURDAY, 20 JAN • 9AM



GET F.H.I.T AEROBATHON



SPIN

8:30-8:55AM



H.I.I.T

9:15-10:25AM



YOGA

10:30-11AM

ALL FITNESS LEVELS WELCOME
CHILDREN 15 AND UNDER MUST BE ACCOMPANIED BY AN ADULT