BAM TO 2PM

3RD ANNUAL

3800 SUMMIT.

RUN/ WALK

STARTING AT 8AM

YOGA & **PILATES CLASSES**

STARTING AT 9AM



STARTING AT 10AM DEAD LIFT PULL UP PLANK **BENCH PRESS · JUMP ROPE**

→ PLUS **→**

FRIENDLY ACTIVIES

CORN HOLE • WATER BALLOON TOSS KIDS JUMP ROPE COMPETITIONS



Whether you are a fitness enthusiast or just looking to have a good time, this event is perfect for everyone. Don't miss out on this opportunity to make a difference while staying active.

See you there!

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