Day of Fitness Group Exercise Challenge

Saturday, January 11

We are turning up the heat!

How many classes can you do in a day?

And in honor of our 25th Anniversary, bring a friend for free to join the challenge.

Day of Fitness Group Exercise Challenge rules:

- **Five or more classes** – entered into drawing for three months of free dues – Grand Prize
- **Three to four classes** – entered into drawing for one month of free dues
- **Two classes** – entered into drawing for $10 fitness bucks

Group Exercise Class Schedule:

7:45 a.m.	CXWORX	10:15 a.m.	BODYFLOW
8:30 a.m.	SPRINT	11 a.m.	Dance Fitness
8:30 a.m.	BODYPUMP	Noon	Pilates Barre
9 a.m.	Les Mills BARRE	1 p.m.	Aqua Aerobics
9 a.m.	Aqua Aerobics	2 p.m.	RPM
9:30 a.m.	Cardio Burn	3 p.m.	CXWORX
10 a.m.	Deep Water Jogging	3:30 p.m.	BODYFLOW Stretch

For more information, call (910) 715-1800.
www.firsthealth.org/fitness