

# **COME TAKE THE FITNESS CHALLENGE!**

## **At Jewarts Gymnastics**

**September 26<sup>th</sup> 12 pm - 2 pm**

- ❖ **Tour the facilities by completing challenges**
- ❖ **Prizes for all challengers!**
- ❖ **Live Judo, TNT, Dance, Artistic & Rhythmic Demos**
- ❖ **Inflatables & Games!**
- ❖ **50/50 Raffles & Prizes!**
- ❖ **Preschool Fun & Fit Challenges**
- ❖ **Preschool Crafts**
- ❖ **Refreshments**

**Open to all \$5.00 admission!**

### **What is the Fitness Challenge?**

**All challengers will receive a Fitness Challenge checklist that takes them around the gym to each event or apparatus. For example, in the Rope Climb challenge each child and parent will receive a number of points for how far they can climb the rope. (Yes, parents! We would like to parents, grandparents, aunts, friends and kids to take the Fitness Challenge!) When you are finished with all Challenges, adults & kids will have a good idea how fit they are and kids can go to the prize table and pick a prize based on the number of points they have received. Adults will receive additional 50/50 Raffle tickets based on the number of points they received.**

***"Fit & Fabulous at Forty!"***

412-487-5999 \*\*\* Jewart's Gymnastics \*\*\* [www.jewarts.com](http://www.jewarts.com)