

Health and Fitness

Fair 2016

**Saturday, January 9
9:00 am - 1:00 pm**



Health Fair

-  Vendors from 9am-2pm
-  Awesome prizes during the fair
-  Health Screenings
-  Free Exercise Classes
-  Meet our Instructors and Trainers

Recreation Center Discount Passes (1 Day only)

-  20% discount available on all Annual and Semi-Annual Passes
-  Discount available from 7:00 am—6:45 pm
-  May not be combined with other discounts
-  Free daily admission all day!!!

PLEASANT GROVE RECREATION CENTER

2015 GETFIT CHALLENGE

**Starting
January
30th!**

10-week program includes:

- Meet each Sat.
8.00am-9.30am (Jan 30-
April 2, 2016)
- Body comp, weight, goal
check-ins
- Private specialty workshops
& fitness classes
- Learn from certified
personal trainers & industry
professionals!

What is YOUR Goal?

Losing Weight? | Building Muscle?
Getting Lean? | Enhanced Endurance?

REGISTER by Jan 16th!

\$120/person (with Membership pass)

\$140/person (w/o Membership pass)

\$100/person (sign up w/a Buddy)

Sign-ups receive: 10-wk membership to
PG Rec, T-shirt, Water bottle, and
Get Fit Packet

*If it doesn't **CHALLENGE** you
it doesn't **CHANGE** you!*



Pleasant Grove Recreation Center 547 S. Locust Ave