

# YOU ARE INVITED!

Join us as we celebrate the 1 year anniversary of the Shiocton Fitness Center and MPF gym.



Open House style....  
Prizes! Annual membership giveaways!  
Snacks! Nutrition information! Fitness  
information! Take a tour!  
Join in or watch a class!

*Shiocton Fitness Center: Physical Fitness For School. For Community. For Life.*

November 9, 2019

10:00am-1:00pm in the Fitness Center



Join in a class for free! (must be 18)

Yoga with Randi Raeck LMT, CYT @ 10:30

HIIT with Leah Ritchie MS, CSCS, NSCA-CPT @ 11:00

'Shop with a Doc' nutrition presentation

by Dr. Jolene Garvey Pintar @ 12:00