



PVE Family Fitness Night

Where: PVE gym

Date: Friday, October 4th

When: 6:15-7:45 p.m.

Cost: \$5 person

\$20 for a family of four or more.

Kids 3 and under FREE

Bring the whole family dressed in comfortable clothes and tennis shoes for an evening of fun family fitness. All proceeds will benefit Make-A-Wish foundation and support our PVE wish ambassador.

Doors open at 6:00. All kids must be accompanied with a supervising adult.

Fitness Schedule

6:15- Warm-up (Mr. Porter)

6:30-6:50- Cardio activities (Blue Wave Martial Arts and Fitness)

6:50-7:10- Karate for beginners (Master Y Kim's World Class Taekwondo)

7:10-7:30- Yoga (Tori Arnone- certified Yoga instructor- Yoga at the Crossroads)

7:30-7:45- Cool-down

Water bottle and a light snack will be included at the end of the evening.

Please turn in attendance forms to Mrs. Turnipseed by October 1st. Email

julieturnipseed@wsdr4.org with any questions.

Family Name _____ # attending _____

Make checks payable to PVE. Cash and checks accepted. Please include this with your form of payment.

