



GO RED PARTY

at Capital Racquet & Fitness Center tennis courts
Saturday, February 4 • 8:30 - 9:30 a.m.

Wear red in honor of Go Red Month!



American Heart Association
Learn and Live

nationally sponsored by



Ditch the Workout, Join the Party!

- Refreshments will be provided
- You'll have an opportunity to purchase a pin for \$2 (proceeds go to the American Heart Association)
- Receive more information on Go Red! For Women and group fitness classes at CRFC/BSC AWC
- All participants will go home with a free packet of Go Red! materials and a free CRFC/AWC facility pass to try Zumba again!



3200 North 10th Street | www.bisparks.org