



EDWARDSBURG fitness CO.

FIRST BIRTHDAY PARTY

SUNDAY, JUNE 30 1:00-5:00 PM



COMMUNITY BOOT CAMP W/ LIVE DJ! Come join Edwardsburg Fitness members as they work out military style. All community members are welcome to attend. Whether flipping tires or doing push ups, this class will be a GREAT workout for everyone. Start off the party with a good sweat and a **LIVE DJ!** (1:00-2:00 PM)



HIP HOP DANCE DEMONSTRATION and STANDING YOGA CLASS. If you haven't tried yoga before, now is your chance. Join EFC members in a great stretching workout. Hip Hop dance is also offered at our gym and will be demonstrated by our littlest members. Come check it out. (Dance at 3:00, Yoga at 4:30)



CARLSON GRACIE JIU JITSU. Check out the opportunities to get involved in martial arts at the gym. Carlson Gracie Jiu Jitsu training is available for all ages. Jiu Jitsu provides a great workout, but it also helps in confidence building, stamina, and coordination.



MASSAGE. Make a massage appointment at our birthday party for a day that is convenient for you, and you will receive 10% off your service. Massage is a great way to loosen tight muscles and help with different body aches and pains. See the front desk to schedule your appointment.



SUPPLEMENTS AND APPAREL. Take advantage of the birthday special. All in stock supplements and attire will be 20% off. EFC offers a wide range of supplements for your workout needs. We also offer a large variety of apparel items featuring our logo. Support our gym family by wearing EFC apparel proudly...at a discount!



OTHER ACTIVITIES. The EFC birthday party will have activities for all ages. Stop by with your families to take a look at our facility and learn about all it has to offer. There will be activities for the children as well as food. See what the buzz is all about. We look forward to adding you to our ever-growing family of fitness.

SCHEDULE OF EVENTS FOR JUNE 30 BIRTHDAY BASH

- 1:00-2:00 **FREE COMMUNITY BOOT CAMP WITH DJ!**
– All community members are invited to participate.
- 3:00 **DANCE DEMONSTRATION** by current dance students. (You may sign up for dance classes afterward, if you like!)
- 3:45 **JIU JITSU DEMONSTRATION** by Wally Holem and current martial art students. (You may sign up for martial arts classes afterward.)
- 4:30 **STANDING YOGA CLASS**– All community members are invited to participate.

Throughout the day, there will be food and beverages available. There will be activities for the children, as well. Sign up for a membership, and you will have **FREE REGISTRATION.** (Half off registration continues through July 8.)

Remember that all **supplements and apparel are 20% OFF** for this celebration, as well. Also, stop by or call for a massage appointment during our birthday party and receive **10% OFF** your service.