



Join us for "FAMILY FITNESS NIGHT"

Fight off those winter blues...keep up on those New Year's resolutions... and enjoy a fun evening of exercise, education, and excitement together with your family!!

**Tuesday,
February 9, 2010
6:00 pm - 8:00 pm**

Scooter Relays
Kids vs. Adults Dodgeball
Cup Stacking
Big screen Dance Dance Revolution
Yoga Instruction
Wii stations
Family Fitness Trail
Nutrition Education
Free Raffle

**PLEASE REGISTER
IN ADVANCE**

so that we may co-ordinate the evening's events.
Print this form and return to your child's teacher by January 29,
2010, or e-mail Michelle Unruh at munruh@delta-usa.com
or Kim Trinkala at ktrinkala@yahoo.com.



"FAMILY FITNESS NIGHT"

Family name: _____

Contact e-mail address:

Number of family members attending: _____