

LAKE WALES FAMILY FITNESS DAY 2010

March 13th

Lake Wailes, down by the Pier.

9:00am - 5:00pm

www.Polkfitness.com

Bring the whole family out for a day of fun and fitness.

Some of the **FREE** events we have on our schedule are:

- Dance classes
- Gem mining
- CARDIO KICKBOXING CLASSES
- Dunk tank
- Car smash
- Inflatables (kidszone)
- Pony rides
- Bowling lanes
- Tae kwon do classes
- + SO MUCH MORE!!!!

RAFFLE ITEMS, BUY YOUR TICKETS NOW!!

We are still looking for vendors, sponsors, and raffle items. If you would like to team up with us this year please contact Lisa DuBose 863 632-3214