



# PONCE DE LEON FAMILY FUN FITNESS DAY APRIL 5<sup>TH</sup> 2014 (9AM – 2PM)



Come exercise and have fun with the entire family. Organized workout classes will be scheduled starting at 9am with Crossfit and Crossfit Kids. This event is for the entire family. Start a fitness routine with your family and encourage a healthier lifestyle. We have at least 4 fitness facilities joining us. It's never too late to start, so bring your yoga mat, towel, fruit, water, lunch and Join us. Don't forget to fuel your body with a healthy breakfast before your workout.

Preregister for classes with Mr. Melton by email. Students must be accompanied by an adult.

[RMelton@dadeschools.net](mailto:RMelton@dadeschools.net)

**Music**

**FOOD**

**GIVEAWAYS**