

**\*\*\*FREE VETS ONLY PROGRAM AVAILABLE NOW\*\*\***

# *Vets in Sweats*

## Join us Each Monday to:

- *Fight Stress*
- *Work Out - Sweat*
- *Have Fun - Laugh*
- *Comradery with Fellow Vets*



## **WEEKLY NON CONTACT BOXING SESSIONS**

### WHEN

Every Monday - 4:30 p.m. to 6:00 p.m.

### WHERE

Big Hill Center – Lower Level

1101 Big Hill Road, Big Hill Park Beloit.

### WHO

Boxing Session Facilitator: Doug Anderson

For more information call: Beloit Parks & Rec (608) 364-2890 Ext. 3