



Presents

FREE B FIT



A Free Day Of



Saturday, May 3rd 8AM-Noon

Try one of these classes during the event!

For scheduled class times, call **719-686-8800**

or visit www.woodlandfitness.com

BODY
Sculpt



ZUMBA
FITNESS

pilates



INSANITY



Yoga



Schedule of Events

8-10:30AM

Free Pancake Breakfast
(With Gluten Free Options)

Donations benefit the
Wounded Warrior Project



8-11AM

**Free Childcare While
You Workout!**

For Children 0-11 Years

Children 12 and up can
workout with you!

8AM-NOON

Try a Fitness Class, Talk
to a Personal Trainer,
or Check Out Gym
Equipment.

Enter a drawing to win
great prizes like **FREE**
personal training or
gym membership!