



# Beach Party



# Week!

# March 28-April 1

**Got those Winter blahs? We are holding a *weeklong Beach Party!***

**Anyone that comes to the gym will have the opportunity to WIN some FOCF fitness apparel, PT sessions and even a free month membership! All you have to do to join in the fun is wear something that pertains to the Beach or even a Luau from a flower in your hair, grass skirt, or surfing board shorts! Basically anything “Beachy” or Luau’y. If not attending an actual fitness class be sure to see Gayle so she can verify you are “in the theme” and your name will be added to the bucket for a chance to win some really cool prizes!!**



**Keep your eyes open for more details!**

