



More information to come!

Have Fun | Eat Well | Get Fit | Win Big

Greater Fall River FITNESS CHALLENGE

72 Bank Street, Fall River, MA or Any Fitness Challenge		77	53	77	17	70	61	81
6:00 p.m. Fitness Challenge Finale @ The Eagle Performing Arts 35 N. Main Street Tickets can be purchased at RE-CREATION @	9T/S	۷۱-	91	Sı	þι	٤١	71	11
9:00 a.m. Fitness Challenge Breakfast of Champions Cooking Demonstration and Tasting @ 72 Bank Street (Pre-registration required for this event)	0T/S	oı	6	8	۷	9	ς	b
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9:00 a.m. Fitness Fusion @ 72 Bank Street: FitMix NEON NIGHT FUN RUN @ Industrial Park— More information to	E/S E/S	ξ	7	l				
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Senerations Fitness	FitWorks	General Fitness)	
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7: 508.679.0922 Questions? Contact RE-CREATION

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E: gfrftnesschallenge@yahoo.com

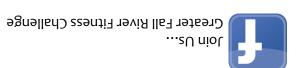
www.fallriverfitnesschallenge.com

72 Bank Street | Fall River, MA Greater Fall River RE-CREATION In case of inclement weather, outdoor challenges will be held at









JANUARY

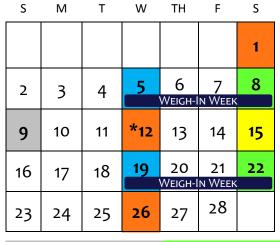
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1/11	10:00 a.m. Greater Fall River Fitness Challenge Kick-Off at Kuss Middle School
1/15	6:30 p.m. Fitness Fusion @ 72 Bank Street: Fit Mix
1/18	9:00 a.m. All Generations Fitness @ 72 Bank Street: Mash Up
	*10:00 a.m. Post-Workout Snack Time with Chef Jess Williams, DTR of
	Creating Healthy Solutions
1/22	6:30 p.m. General Fitness @ 425 Pleasant Street: Fit Choice
1/25	9:00 a.m. FitWorks @ 72 Bank Street: Zumba
1/28	6:00 p.m. Fall River YMCA Guest Challenge @ 199 North Main Street

Please note: EVERY Monday & Wednesday throughout the Challenge (1/13/14-4/30/14), RE-CREATION will host a walking group at 10 a.m. @ 72 Bank Street

6:30 p.m. | Fitness Fusion @ 72 Bank Street: FitMix

FEBRUARY



2/1	9:00 a.m. All Generations Fitness @ 72 Bank Street: Mash Up
2/5	6:30 p.m. General Fitness @ 425 Pleasant Street: Fit Choice
2/8	9:00 a.m. Fitness Fusion @72 Bank Street: FitMix
2/9	9:00 a.m. WiggleKids FAMILY Challenge-Bring your kids! @72 Bank Street
2/12	7:00 p.m. All Generations Fitness @ 544 Milford Road, Swansea: Mash Up
	*8:00 p.m. Post-Workout Snack Time with Chef Jess Williams, DTR of
	Creating Healthy Solutions
2/15	9:00 a.m. FitWorks @ 72 Bank Street: Total Body Tone
2/19	6:30 p.m. General Fitness @ 425 Pleasant Street: Fit Choice
2/22	9:00 a.m. Fitness Fusion @ 72 Bank Street: FitMix
2/26	7:00 p.m. All Generations Fitness @ 544 Milford Road, Swansea: Mash Up

Guest Gym Fitness Fusion General Fitness FitWorks All Generations Fitness

1/29

3/1 9:00 a.m. | General Fitness @ 425 Pleasant Street: Fit Choice 3/5 6:30 p.m. | Fitness Fusion @ 72 Bank Street:: FitMix 9:00 a.m. | FitWorks @ 72 Bank Street: Cardio Conditioning 3/8 3/12 7:00 p.m. | ALL GYM MASH UP @ Team Works 732 Lees River Ave, Somerset 3/15 9:00 a.m. | All Generations Fitness @ 72 Bank Street:: Mash Up *10:00 a.m. Post-Workout Snack Time with Chef Jess Williams, DTR of **Creating Healthy Solutions** 3/19 6:30 p.m. | Fitness Fusion @ 72 Bank Street: FitMix 3/22 9:00 a.m. | FitWorks @ 72 Bank Street: Zumba Drop into any class at TKO Fitness for FREE @ 1 Father Devalles Blvd, FR 3/24 3/26 6:30 p.m. | General Fitness @ 425 Pleasant Street: Fit Choice 3/28 Drop into any class at TKO Fitness for FREE@ 1 Father Devalles Blvd, FR 9:00 a.m. | All Generations Fitness @ 72 Bank Street: Mash Up 3/29

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REMEMBER: EVERY Monday & Wednesday throughout the Challenge (ending 4/30/14), RE-CREATION will host a walking group at 10 a.m. @ 72 Bank Street

4/2	6:30 p.m. Fitness Fusion @ 72 Bank Street: FitMix
4/5	9:00 a.m. General Fitness @ 425 Pleasant Street : Fit Choice
4/6	Giunta 5K Race Join the Fitness Challenge Team!
4/9	7:00 p.m. All Generations Fitness @ 544 Milford Road, Swansea: Mash Up
4/12	9:00 a.m. Fitness Fusion @ 72 Bank Street: FitMix
4/16	6:30 p.m. General Fitness @ 425 Pleasant Street: Fit Choice
4/19	9:00 a.m. FitWorks @ 72 Bank Street: Butts N Gutts
4/20	10:30 a.m. FREE Class at Striking Beauties @ 75 Ferry Street, FR
4/23	7:00 p.m. All Generations Fitness @ 544 Milford Road, Swansea: Mash Up
	*8:00 p.m. Post-Workout Snack Time with Chef Jess Williams, DTR of
	Creating Healthy Solutions
4/26	9:00 a.m. FitWorks @ 72 Bank Street: Body Blast
4/30	6:30 p.m. General Fitness @ 425 Pleasant Street: Fit Choice

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APRIL

Guest Gym Fitness Fusion General Fitness FitWorks All Generations Fitness