



TJ Family Fitness Night  
**SEPTEMBER 21<sup>st</sup>**  
**6:30pm-7:30pm**

**Special Guest Fitness Instructor**  
**Suzanne Ventrice**

Suzanne is an amazing fitness instructor that will make everyone feel comfortable no matter what your fitness level is! She is energetic, fun and will motivate you to get moving!

**\$1.00 Per Family**

**Please Check In - Bottles of water for sale \$1.00**

**ALL ARE WELCOME! SPREAD THE WORD!**  
**BRING FAMILY, FRIENDS, AND NEIGHBORS!**

Family Fitness night is a monthly event at TJ! Every month is a different theme! Its an opportunity for family and friends to get moving and spend time together! All fitness levels are welcome! It's about having fun and being together!

Adults and Children connecting through movement!

Come to 3 Family Fitness nights and get a Spirit Monkey  
Come to ALL the Family Fitness Nights and get a prize!

