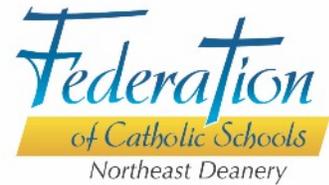


The Catholic FIT

Family Fitness

CHALLENGE

In association with the:



Challenge includes:

- Warm Up & Stretch lead by Certified Fitness Trainers
- Awesome Music from TNCE Productions
- "Challenge" based on CatholicFIT Weekly Exercises
- Post-Workout Drinks & Snacks

Come out & flex your faith & fitness muscles!

When?

Sat, April 23rd
9:00 am

[RSVP HERE](#)

Where?

Trinity High School
Track & Field
1720 Redman Rd
Florissant, MO
63138

What to expect

A 1 mile course including a series of exercise stations the entire family can do. Refreshments, prizes and more are provided!

Find out more:

[CatholicFIT Challenge](#)
[Facebook.com/catholicfit](https://www.facebook.com/catholicfit)

To celebrate the end of the Spring 2016 CatholicFIT program, all students and families are invited to this finale event. Call Dave at 314-477-6520 with questions. [Please RSVP here!](#)

THANK YOU SUPPORTERS:

