

Aerobics
Belly Dancing
Body Works Gym
Cardio
Clogging
Curves Dry Ridge
Curves Crittenden
Dance
Diabetes Education
Jump Into Fitness
Kick Boxing
Line Dancing
Martial Arts
Nia
Nutrition Education
Smoking Cessation
Strength Training
Sweating to Oldies
Walk/Run Training
Weight Training
Yoga
Zumba

2009

Grant County's

BIGGEST WINNER Challenge

Fitness for Life Around Grant County, Northern Kentucky Health Department, Grant County Parks and Recreation and the Grant County Cooperative Extension Service invite you to join the Biggest Winner Challenge.

The classes will begin **March 30, 2009** and finish on **April 25, 2009**. Our health is more important each day. Take a stand for your health today and join us, as you could be **"Grant County's Biggest Winner!"**

Check out our website: www.getfitgc.org

At registration you will receive a calendar for the entire four weeks. You will be able to attend a variety of classes plus attend Body Works Gym and/or women can attend Curves in Dry Ridge and Crittenden.

Registration costs \$10 for individual and \$20 for family, immediate family members.

This is a great opportunity to find out what activities you prefer so you can enhance your quality of life and your health!

Registration

- The NEW Grant County Cooperative Extension Office
105 Baton Rouge Rd,
Williamstown
- Thursday, March 26
3:00pm-7:00pm
- Saturday, March 28
9:00am-1:00pm



May 2nd 8:30am
Register online at
www.runningtime.net

For more information contact:

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