

**WESTMINSTER FAMILY FITNESS CENTER**

**SWEETHEART ABS**

**PLANK CHALLENGE**

**STARTS:**

MONDAY, FEBRUARY 6, 2012

**ENDS WITH CHALLENGE ON**

**SATURDAY, MARCH 3 AT 9 AM IN THE GYM**

\*SIGN UP FOR THE CHALLENGE DAY AT FRONT DESK

**PARTICIPANTS:**

FOR AGES 16 ON UP, BOTH MALE AND FEMALE

**THE FOLLOWING FITNESS CLASSES WILL BE PRACTICING FOR THE PLANK CHALLENGE:**

Monday - 6am, 9:30 am, and 6pm

Tuesday - 6am and 10am

Wednesday - 9:30am and 6pm

Thursday - 10am

Friday - 6am and 9:30am

City of Westminster Recreation and Parks

410/751-5501



[www.westminstermd.gov](http://www.westminstermd.gov)

