

FIT FUN BOOTCAMP

Go Out. Get Active. Fun Fitness.

Dustin Maher's Fit Fun Bootcamps are teaming up with Waunakee Neighborhood Connection (WNC) to promote healthy living through working out. Fit Fun Bootcamps will be holding a FREE (donations are encouraged) bootcamp and we are asking you to invite your friends, family, neighbors and coworkers. No need to bring a lot equipment except for a water bottle, 10 lbs. + weights (optional) and yoga mat (optional). You are welcome to bring your kids 10 years and up to do the workout with you. This event promises to be memorable.



Saturday, Sept. 11

8:15 - 9:00 AM

Ripp Park - Waunakee*

**All fitness levels are welcome
and encouraged**

Registration - 8:00 AM

Meet by park shelter for registration at 8:00 AM.

You will do things that you have never done before. Everyone will get a chance to work on cardio, strength training and core. Our creative exercises will not only tone up the muscles in the legs, core and shoulders, but improves cardiovascular function as well as fat burning. We will be doing many other unconventional exercises with the goal of fun, teamwork and community building.

Activities Include:

Strength, Agility & Core Stations

We will be accepting donations of diapers and laundry detergent as well as cash donations (\$10 recommended per person) for WNC to help support local families in need. 100% of the donations will go to WNC to help our community. Our goal is to fill two WNC bins with diapers and laundry detergent, help us meet this goal by taking time for yourself and attending this great fitness event.

Dustin also has a free gift he would like to give you, so if you go to <http://www.dustinmaherfitness.com> and put your name and email in the box on the left, he will send it out right away.

Questions? Email endres5@tds.net or call 849-6053.

*In case of heavy rain or thunderstorms, please visit www.madisonbootcamps.com for an update on the event.

