

JOIN THE NEW BEDFORD FITNESS CHALLENGE!



6 SOLID WEEKS!

FEBRUARY 3 - MARCH 18

FUN AND UNIQUE **FITNESS** CLASSES
NUTRITION & COOKING DEMOS
YOGA, MEDITATION, WELLNESS
...AND MORE!

Cost?

A one-time registration fee of just \$5 gets you access to
EVERYTHING! Join as an individual or a team!

Kickoff Event & Registration

Saturday February 3rd, 11:00am

YMCA Southcoast, 25 S. Water Street, New Bedford

Registration info at www.newbedfordfitnesschallenge.com

Find us on Facebook!

A collaborative initiative organized by Ashley Bendiksen Consulting, Dartmouth Total Fitness, Hawthorn Medical, NB Wellness Initiative, NB Boys & Girls Club, Mass in Motion, NB Parks Recreation & Beaches, Southcoast Health, Track & Channel, YMCA Southcoast

Want to get involved? Offer a class? Become a sponsor?
Visit us online or email newbedfordfitnesschallenge@gmail.com