

BATTLE OF THE FITNESS CENTERS

WEDNESDAY, JULY 24, THROUGH FRIDAY, AUGUST 2

CLUBHOUSE 1 AND COMMUNITY FITNESS CENTER | TIMES VARY

REGISTER AT FITNESS CENTERS

WEDNESDAY, JUNE 5 | \$15

Represent your fitness center in team and individual competition with other Residents. Events for all levels of fitness include an obstacle course, a 500-meter row, chest-press endurance, a 5K stationary bike ride, a grip strength test and a frisbee toss. Participants must be registered to use the fitness centers in order to participate.



For more information, call 949-597-4284 or 949-268-2275,
or email assistant.fitness@vmsinc.org or recreation@vmsinc.org.