



**Building
a healthy
community
for all!**

KENSINGTON FITNESS FESTIVAL

SUNDAY, JULY 29

**1:00-4:00pm • SPIRIT Club Fitness Center
10417-B Metropolitan Ave. • Kensington, MD • 20895**



**Free refreshments, health & wellness
demos, fitness activities, music, live
auction, raffle & more!**

FOR MORE INFORMATION CONTACT STEVE ALLEN AT (240) 204-1144 • SALLEN@SPIRITCLUBFOUNDATION.ORG

KENsington FITness FESTival

Come join us for a free, fun-filled day of FITNESS, benefitting Spirit Club Foundation.

Sunday, July 29 • 1-4 PM

SPIRIT Club Fitness Center, 10417-B Metropolitan Ave, Kensington, MD 20895

1:15-2:45pm

OUTDOOR ACTIVITIES

- Volley Ball
- Soccer
- Basketball
- Corn Hole, Face Painting, Balloon Animals
- Workout Stations (battle ropes, pull-ups, obstacle courses...)
- Healthy Eating/Active Living Information Booth
- Free Refreshments from Local Restaurants
- **All Day: Sports Equipment Donation Drive for Leveling the Playing Field**

1:15-2:45pm

INDOOR DEMO CLASSES

- FUNctional Fitness with SPIRIT Club
- Zumba with Jackie Zamora
- Yoga & Stretching with SPIRIT Club

3:00-3:45pm

AWARD CEREMONY & SPEAKERS

- Live auction & raffle with the opportunity to win:
 - Dinner cruise on the Chesapeake Bay
 - 2 Bedroom Condo Stay at Bethany Beach
 - Personal Training or Fitness Class for up to 10 people, including healthy lunch!

THANK YOU TO OUR SPONSORS



ALVORD AND ALVORD PLLC



Supporting **Spirit Club Foundation**, a non-profit dedicated to ensuring people of all abilities have access to high-quality exercise and fitness opportunities. www.spiritclubfoundation.org | 240-204-1144