

Registration Form

Name: _____

Address: _____

Phone: _____

Email: _____

Fitness classes will be offered during two time slots on a first-come, first-serve basis. **Select a 1st and 2nd choice in each time slot.** Must be at least 16 years of age to participate in the fitness classes.

10:10 - 10:40 a.m.

Group Fitness Class _____

Jazzercise _____

Silver Sneakers _____

Walk with the Doc _____

10:50 - 11:20 a.m.

Group Fitness Class _____

Jazzercise _____

Silver Sneakers _____

Walk with the Doc _____

Registration deadline is May 29.

Bring or mail registration form to:

**Jennifer Grable, FCS Agent
NC Cooperative Extension
304 South Morgan St., Room 123
Roxboro, NC 27573**

Sponsored by



For More Information Contact:

Jennifer Grable
NC Cooperative Extension
Person County
(336) 599-1195
jennifer_grable@ncsu.edu

LeighAnn Creson
Person County Health Dept.
(336) 597-2204 x 2277
lcreson.pchd@personcounty.net

***The Fitness Frenzy brochure/
registration form can
be found at:***

www.personcounty.net

2015 Fitness Frenzy



**Saturday
June 6, 2015**

9 a.m. - 12 p.m.

FREE

**Person County
Office Building
304 S. Morgan St.
Roxboro, NC 27573**

Fitness Frenzy

Join us for Person County's first ever Fitness Frenzy. Come learn about the many fitness facilities and programs in the county. Maybe there is a fitness class you would like to try, to see if it is right for you. There will be two chances for you to participate in a fitness class. You will also have the chance to talk with representatives from different agencies and businesses to learn about the fitness facilities and programs they have to offer.

AGENDA

- 9:00 a.m. Check-In/Fitness Fair
- 9:30 a.m. Welcome/Opening
- 10:00 a.m. Break
- 10:10 a.m. Fitness Class
- 10:40 a.m. Break
- 10:50 p.m. Fitness Class
- 11:20 a.m. Break
- 11:30 a.m. Door Prizes/Fitness Fair



*Please wear
comfortable clothing
and athletic shoes!*

**Fitness classes offered from
10:10-10:40 a.m. and again at
10:50-11:20 a.m. include:**

Group Fitness Class

Instructor: Will Paul

Group Fitness Classes consist of: low to high impact aerobics and step classes; incorporate Pilates, boxing/kickboxing, abdominal work-outs, weights, exercise bands, and exercise balls. Classes are designed to meet the needs of all ages and body types.

Jazzercise

Instructor: Stacey Davis

Torch fat, sculpt lean muscle and crush calories with this high intensity workout that mixes dance-based cardio with strength training. Fresh pulse-pounding music and body-blasting moves bring the intensity to transform your body, boost your mood, and ignite your energy.

Silver Sneakers

Instructor: Kim Morgan

Make sure you have comfortable clothing and rubber soled shoes as you learn more about this low to moderate physical activity program designed for the more mature body! Exercises can be done standing or seated.

Walk with the Doc

**Facilitator: Dr. Ann T. Bradsher,
Cardiologist**

"Walk with the Doc" allows you time to take a walk with a local doctor to discuss how to be heart healthy. The walk will take place at the Huck Sansbury track or inside the Huck Sansbury gym in the event of rain.

Fitness Fair Participants:

**Person County Recreation,
Arts & Parks**

Total Fitness Center

Rox Fitness Center
(Free Fitness Assessments)

S.W.A.B. Fitness

Healthy Personians

Person County Running Club

Elements of Wellness
(Electra L. Westmoreland, LMBT)

**McIntyre Massage and
Wellness Center**

Leslie Howren, Massage Therapist
MAD Hair Studio

DOOR PRIZES!

(Must be present to win.)

WIN. . .

Gym memberships
Fitness classes
Gift Cards
Grab Bags