

# FIT 5 GAME ON!



*Special  
Olympics  
Montana*



 Special Olympics  
**Health**  
MADE POSSIBLE BY **Golisano** FOUNDATION



Fit 5 is based on the three simple goals of exercising 5 days per week, eating 5 total fruits and vegetables per day, and drinking 5 water bottles of water per day.



## JOIN A FIT 5 CLASS!

### WHEN:

**Saturdays, 11:30 am-12:30 pm**

Starts on **June 4**

- Runs for 8-weeks

### WHERE:

**VRTX Fitness**

255 Russell Street  
Missoula

### WHO:

All Special Olympics  
Montana athletes

### CONTACT

**Contact Alet at VRTX Fitness  
to register:**

406-541-3114

[alet@vrtxfitness.com](mailto:alet@vrtxfitness.com)

Come enjoy getting fit with your  
friends and fellow athletes!