

FIT 5 GAME ON!



*Special
Olympics
Montana*



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



FIT 5 WALKING CLUBS!

2 Summer Classes!

WHEN:

**Missoula: Mondays & Wednesdays;
4:00-5:00 pm**

Hamilton: Tuesdays; 4:00-5:00 pm

- Missoula Class Starts on **May 23**
 - Hamilton Class Starts on **May 24**
- Both clubs run for 8-weeks

Please join us!

WHERE:

Missoula: **Playfair Park**
3001 Bancroft Street
Hamilton: **Kiwanis Park**
375 South 9th Street

WHO:

**All Special Olympics Montana
athletes and partners**

CONTACT

**Contact Audrey Schurg
to register:
307-438-2030
schu6163@pacificu.edu**

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.



Come enjoy getting fit with your
friends and fellow athletes!