



Slimdown Saturdays

Join Fort HealthCare and local organizations for **FREE** Saturday workouts during the Slimdown Challenge!

Saturday April 13th & May 4th **USA Karate Open Gym**

Location: USA Karate--1305 Madison Avenue Fort Atkinson

Time: 9:00am-11:00am (on the half hour)

How to Sign Up: Just show up!

Description: A family-friendly open gym at local karate studio with all equipment and instructor provided.

Saturday April 20th **Aqua Circuit Blast**

Location: Jefferson High School Pool

Time: 9:00am-9:45am

How to Sign Up: Call Jefferson City Hall at (920) 674-7720

Description: A fun water-based total body workout that incorporates cardio and strength for all fitness levels!

Saturday April 27th **Zumba**

Location: Fort Memorial Hospital Classroom D

Time: 7:30a-8:00a and 8:15a-8:45a

How to Sign Up: Register online at www.forthhealthcare.com/class/zumba

Description: A fun cardio workout that incorporates Latin flavor with easy-to-follow routines.

Saturday May 4th, 11th, 18th **Boot Camp**

Location: Jefferson Anytime Fitness

Time: 9:00am-10:00am

How to Sign Up: Call (920) 674-6616, Sign Up on Facebook, or show up!

Description: A large, fun group workout with movement options for all levels!

