



# FITNESSU

## STAY IN THE GAME

This Fitness U will explain the many facets regarding your exercise program. What level should I work at? What are my expectations of the workout? How much should I warm up? How can I avoid injuries? And many more tid bits about the ins and outs of a Workout.

Instructed by Allison Minardi

<b>Tuesday, May 16</b>	<b>12p - 12:45p</b>	<b>Public Works, Fleet Conference Room</b> 1100 26th Ave W, Bradenton
<b>Thursday, June 15</b>	<b>12p - 12:45p</b>	<b>Ag &amp; Extension, Kendrick Auditorium</b> 1303 17th St W, Palmetto
<b>Tuesday, July 11</b>	<b>12p - 12:45p</b>	<b>Admin Building, 4th Floor Manatee Room</b> 1112 Manatee Ave W, Bradenton
<b>Tuesday, August 8</b>	<b>12p - 12:45p</b>	<b>Utilities, North Large Conference Room</b> 4410 66th Street W, Bradenton
<b>Thursday, August 10</b>	<b>12p - 12:45p</b>	<b>Bradenton Area Convention Center, Manatee Room</b> 1 Haben Blvd., Palmetto

**Earn 2 Fit Nut Points!**

Register at [www.manateeyourchoice.com](http://www.manateeyourchoice.com)  
> Program Registration tab



For More Information Contact: YourChoice Fitness Center  
941.748.4501 x6280 | [tlightburne@manateeyourchoice.com](mailto:tlightburne@manateeyourchoice.com)

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