



10TH ANNIVERSARY CELEBRATION

SCHEDULE OF EVENTS

Zero initiation 9/20–9/29

THURSDAY 9/20
FITNESS CHALLENGE BEGINS

FRIDAY 9/21
KIDS COLORING CONTEST

Pick up a coloring sheet at the front desk and have your child complete it by Friday, September 28. We will choose two winners who will receive a gift certificate for an open swim party at the FAC.

SATURDAY 9/22 | 9:30AM – 11AM
KIDS GLOW PARTY

All kids ages 6–12 are invited to come out for our glow party that will include dancing, games, face painting and a photo booth. This free event is for members and non-members.

SUNDAY 9/23 | 1PM
COMMUNITY FUN 5K RUN/WALK WITH FAC STAFF

Join the FAC staff for a fun 5K run/walk. This will not be timed, but rather a chance to get some fresh air, meet other members and staff. We are looking for donations of school supplies to give back to Spring Lake Public Schools.

MONDAY 9/24
MEET THE TRAINERS

We will have FAC trainers available to answer your fitness questions. Watch for times to be posted.

TUESDAY 9/25
FREE GROUP EXERCISE DAY

Invite your family and friends to join you in in one of our class offerings for the day.

WEDNESDAY 9/26 — THURSDAY 9/27
MEMBER ONLY GUEST BOOKLET SALE

Guest booklets of 5 passes will be for sale for \$25.

FRIDAY 9/28
TREAT DAY

Enjoy breakfast cookies and chocolate chip cookies after your workout!

SATURDAY 9/29 | 1PM – 5PM
COMMUNITY OPEN HOUSE

Both pools open and FREE to community

WGHN live broadcast

Bounce house in upper gym

Family friendly dodgeball in multipurpose gym

Wheel of fun

Door prizes

Tours

Winners of coloring contest announced