

TAG FIT-A-THON

SATURDAY, JANUARY 15TH, 2011



9:00AM-12:00PM

ADULTS AND CHILDREN AGES 13 AND UP

- **Come join us at the TAG Center for a FREE fun fitness experience.** Try a variety of classes for all fitness levels.
- **Raffles, door prizes and healthy snacks** will be provided. Call the TAG Center for more information at 920-387-7988. No pre-registration required.
- **FREE TAG Center Six Month Membership!**
Register January 3rd-31st to enter TAG Center drawing to win a FREE 6 Month Membership. One entry per household, please. Drawing will be held February 1st. Membership must be taken out by December 31, 2011.
- **Classes being demonstrated:**
Forever Fit, Body Fit Fusion, Indoor Cycling, Yoga, Pilates, Zumba, Bootcamp, Aqua Zumba, H2O Fitness and Arthritis Foundation Aquatic Program.



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ZUMBA



 **ZUMBA**

****IT'S NEVER TOO LATE TO START A HEALTHY LIFESTYLE!****

Come out today and try the TAG Center for a

FREE one-week trial period.
One offer per person/family.

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Offer runs January 3rd thru January 31st, 2011.

Check with the front desk for more information!



BENEFITS OF HAVING A TAG CENTER MEMBERSHIP

- ↓ Healthier lifestyle, more energy to do the things you want to do.
- ↓ Orientation with a certified personal trainer will set you up with a workout routine and follow-ups to progress your program.
- ↓ Personal Nutrition Consultations with a registered dietitian from Beaver Dam Hospital.
- ↓ Fitness Center is equipped with the latest in cardiovascular and resistance machines and weights
- ↓ An Aquatic Center for exercising those aching joints.
- ↓ Lower your blood pressure and get off your medications.
- ↓ Great place to socialize with friends and family.

The TAG Center provides a safe and comfortable environment for indoor recreation regardless of weather conditions. It is a facility for all age groups that offers opportunity for recreation, education, fitness and social interaction...**"A PLACE FOR EVERYONE"**

MAYVILLE TAG FIT-A-THON

(1700 Breckenridge St. 387-7988)

FREE *SCHEDULE* FREE

SATURDAY, JANUARY 15TH, 2011

9:00AM-12:00PM

ADULTS AND CHILDREN AGES 13 AND UP

	GYMNASIUM	COMMUNITY ROOM	AQUATIC CENTER	CYCLING STUDIO
9:00-9:20am	Bootcamp		H2O Fitness	Indoor Cycling for Fitness
9:30-9:50am	Forever Fit	De-stress & Renew Gentle Yoga	Simply Barbells & Noodles	Indoor Cycling for Fitness
10:00-10:20am	Zumba & ZumbaToning		Arthritis Aquatic Program	Indoor Cycling
10:30-10:50am	Body Fit Fusion	Lengthen & Strengthen Pilates Mat Work	Simply Barbells & Noodles	Indoor Cycling
11:00-11:20am		Energizing Yoga	H2O Fitness	Indoor Cycling for Fitness
11:30-11:50am	Body Fit Fusion		Aqua Zumba	Indoor Cycling for Fitness

10 minute break between classes

