



Work out with the SWAT Team and Firefighters!



S.W.A.T.



SWAT Team workout

Do the same workout the SWAT Team does to keep them in shape!

Saturday, June 24 at Pierce Park

8:00-9:00 a.m.

FEE: \$5

Post workout drinks and snacks will be served!



Firefighter Workout

Do the same workout that the Firefighters do to stay in shape! Different circuits with carry-ing objects, stairs and wood chop and more!

Saturday, July 15 at Fire Station 6 (by North High School)

8:00-9:00 a.m.

FEE: \$5

Post workout drinks and snacks will be served!



Register today at:

www.appletonparkandrec.org

or call 920-832-5905

20 person max so register now!

