**Bellows College Family Fitness**

**Mother's Day Out Begins in September**

The Bellows College Family Fitness Mother’s Day Out program will begin Sept. 4, providing care for children ages 3-5. The program operates Monday through Friday from 9 am to 2 pm. Your child will participate in enriching activities in a safe environment. A daily nutritious snack is provided. Please bring a healthy lunch. Membership is required.

CONTACT: Billie Jo Murray, Mother's Day Out Coordinator (555) 555-0123 Registration is $50; Monthly Rate is T/TH, $250; M/W/F $300; M-F $375

**Sign Up for the Get Movin’ Challenge**

The Get Movin’ citywide fitness initiative is designed to help citizens improve their health. The program and awareness campaign is aimed at encouraging citizens to move at least 30 minutes every day.

America is the most overweight nation in the world. Eating and activity patterns are to blame. More than 60 percent of adults do not get 30 minutes of physical activity each day, and the average adult gains 1-3 pounds each year. Make a commitment to walk an extra 2000 steps each day and eat 100 fewer calories each day. Sign up at your local gym to take this challenge today.

**Fall Soccer Registration**

Ages 3-14; Registration Deadline: August 31

Games will be played on Saturdays in September and October  
Practices will be held at least once a week

Free for Bellows College Family Fitness Members - Community Members $50  
Contact: Gary Schare, Associate Sports Director (555) 555-0124 [gschare@bellowscollege.com](mailto:gschare@bellowscollege.com)

**Volunteer Coaches Needed For Youth Sports**

We Need You! Sports include:

* Basketball
* Football
* Baseball
* Soccer

Contact Gary Schare, Associate Sports Director

(555) 555-0124

[gschare@bellowscollege.com](mailto:gschare@bellowscollege.com)

Invite your friends to join Bellows College Family Fitness for just $25 plus 1st month’s dues.

Remember Bellows College Family Fitness Members receive one FREE Sport per child each season!