



SOMifit

Health and Wellness Class



**Special
Olympics**
Michigan

A PROGRAM TO IMPROVE OUR ATHLETES WELL-BEING

An 8 Week Program With Weekly Hour Sessions

Starts October 14, 2019

@ Mountain Town Fitness,

1430 S. Mission St. Mt. Pleasant

Please register online by [CLICKING HERE](#)

Details

- Monday evenings from 5:30-6:30 pm beginning October 14th, 2019
- Sessions to cover physical fitness, wellness and nutrition
- Minimum age is 18 unless accompanied by a chaperone or legal guardian
- Incentives available
- Open to 8-10 participants



Special Olympics
Michigan



For more information:
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