

**FREE**

# Fitness & Fun Day

Sun. October 7  
2-5pm



## Schedule of Events

- ◆ 2-4:30pm Building Tours, Silver Sneakers Information, Fitness Testing, Crafts and Music for young children
- ◆ 2:00pm 100M Family Run
- ◆ 2:15pm Tennis Play Day and Family Kickball 
- ◆ 3:15pm Family Dodgeball Challenge
- ◆ 3:30pm Indoor Soccer Scrimmages
- ◆ 4:00pm Fitness Class Demo
- ◆ 4:30pm Open Basketball/Tennis
- ◆ 4:40pm 100M Family Run

215 Snider Rd, Bluffton, OH 45817  
Phone: 419-358-4150  
[www.bfronline.com](http://www.bfronline.com)

**60 minutes of daily exercise is recommended for children and adults!**

**Join us for an afternoon of activity for young and old, plus learn about BFR programs, memberships, and services.**