



PLEASE JOIN CERTIFIED PERSONAL TRAINERS
MICHAEL MCCOOK & ANEL PLA
FROM FIVE POINT ZERO FITNESS FOR A

FREE FITNESS POP-UP EVENT ON THE WATERFRONT

SATURDAY JUNE 15TH, 2019
9:00AM-1:00PM

WATERFRONT PARK
7200 RIVER ROAD

ALL AGES WELCOMED, BRING YOUR OWN MATS!

EVENT SCHEDULE :

- 9:00AM-9:30AM REGISTRATION (PARTICIPANTS MUST SIGN WAIVER)
- 9:45AM-10:15AM BOOTCAMP WITH FIVE POINT ZERO FITNESS
- 10:30AM-11:00AM PILATES WITH CLUB PILATES
- 11:15AM-11:45AM BUNS OF STEEL WITH FIVE POINT ZERO FITNESS
- 12:00PM-12:30PM SNACKS, DRINKS, MEET & GREET WITH VENDORS
- 12:30PM-1:00PM FUNCTIONAL CORE CLASS WITH FIVE POINT ZERO FITNESS



LIVE DJ + FREE FITNESS CLASSES +WELLNESS VENDORS + FREE SAMPLES & GIVEAWAYS

