

YOU'RE INVITED TO THE LEHIGH
VALLEY'S SECOND ANNUAL

WORKOUT & WELLNESS EXPO

SATURDAY MARCH 23, 9:00 A.M.-1:00 P.M.
MACUNGIE MEMORIAL PARK HALL
50 N POPLAR ST, MACUNGIE, PA 18062

JOIN US FOR A WORKOUT, SUPPORT LOCAL
BUSINESSES AND A GREAT CAUSE!

ADMISSION

\$5.00/Entry / \$10.00/ Entry +Classes
Children under 18 FREE

Doors open at 8:30 A.M.
First Class starts at 9:00 A.M.

Group Fitness Classes!

Attend a variety of classes!

Join in as many as you like!

Including Boot Camp, Turbokick
and Zumba!

FUN FOR THE WHOLE FAMILY!

Demos and Classes for the kids!

**It is advised to bring a mat if
you plan to attend classes**



Business Showcase!

Drop-by booths hosted by
local companies!

Fitness, nutrition, apparel,
health & beauty, and more!

RAFFLES!

Enter to win Raffle prizes!

Bring canned food items to
enter!
OR purchase tickets for \$1.00

**No limit on food items donated
or tickets purchased!*

Support a Cause!

Canned food items will be
donated to our local Second
Harvest Food Bank.

Proceeds will be donated to
Second Harvest's Childhood
Nutrition Program supporting
Backpack Buddies.

**For list of most needed
foods, visit Second
Harvest's website:
<http://shfblv.org>.*