



CRAZY DAYS

Moving on Main

July 21st 11am-1pm on Main Street

11:20 am - HIIT Bodyweight class provided by the YMCA

Noon - Mobility, Restoration, and Strength workout provided by Restored Strength

- Free Water Provided by Culligan Water
- Chair massages, assisted stretching, and drawing for prizes provided by Restored Strength.
- Post-workout shakes for purchase from Southwest Nutrition
- Trail mix and other health snacks for purchase from Columbia Imports
- Free mini golf, bean bags and giveaways provided by The Gym

