

# GRAB A TOWEL COME PARTY

PUT ON YOUR EXERCISE GEAR

JAM

THE FITNESS STREET JAM

THE F

THURSDAY, 12TH DECEMBER 2013

5:00PM TO 6:30PM --FABS HEADQUARTERS, NEVIS ST

REGISTRATION FREE! CALL 481-6352/61

## FITNESS STREET JAM ROUTE

- ↑ NEVIS ST → INDEPENDENCE AVE → FACTORY RD
- PARLIAMENT HILL → QUEEN ELIZABETH HIGHWAY
- INDEPENDENCE AVE ← REDCLIFFE ST
- ← CORN ALLY ← NEVIS ST ★ END MBS HQ

4:45PM WARM UP AND EXERCISE DEMO  
(MBS EXERCISE GROUP)

5:00PM HOOLAHOOP AND SHIP ROPE  
COMPETITION

5:15PM MOVE OFF



TROPHY FOR THE LARGEST GROUP

"We **MBS** Care"  
Medical Benefits  
Scheme