



Mother's Day this year let's be Healthy, Happy, and Beautiful!!

For the month of May, if you are a Mother, sign up for 3 months or more and get \$15 off.
(Starts May 5th)

Need a Mother's Day Gift? Stop by the office to get a 3,6,12, or 18 Month Gift Certificate!!

"MOTHER"



"M" is for the Million things she gives you,

"O" means Only that she's growing old,

"T" is for the Tears she shed to save you,

"H" is for her Heart of purest gold,

"E" is for her Eyes, with love-light shining,

"R" means Right, and right she'll always be,



A Word That Means the World To You!!

Coming in June!!



Youth Confidence Course

- Improve Coordination
- Boost Self-Esteem
- Team Building Activities
- Positive Social Interactions
- Learn Basic Self
- Defense Techniques

This is a 2 day program consisting of 2 sessions per day. The program is designed to help build confidence, coordination, and a better sense of team work. Children will participate in group and individual activities that will involve mini obstacle courses, agility and coordination drills, work on problem solving skills, perform basic kickboxing techniques on focus pads and punching bags, and learn healthy positive methods to achieve a better sense of well-being . Ages 6-15



HAPPY FEET WALKING PROGRAM



InCharge Fitness in Bemidji is Happy to Introduce 3 different 6 week opportunities for our members and community to participate in and to help promote the importance of healthy active living. Our Goal of this program is to help each individual create awareness of their activity level along with improved health and increased movement.

How does the program work?

Once you enroll in the program you will have the option to purchase a pedometer to track your steps along with a tracking booklet to record them. There will be weekly group walks and informational emails with tips to keep you moving! You will begin tracking your daily steps on the first day of the challenge. At the end of each week you will turn in your steps to be entered in a drawing at the end of each 6 week program.

Walking Challenge Dates

May 5th- June 13th
June 16th- July 25th
July 28th – September 5th

How Can I Join?

Please call InCharge Fitness 444-8138 or stop by during office hours.
Anyone can join, so bring a friend!