

# COME FLEX YOUR MUSCLES AT **FIT FEST**

**Empire Public School  
Thursday, January 26  
6pm – 8pm**



Hear World Class Boxer  
Syd Vanderpool speak at  
6:30pm and 7:00pm

Golf, Basketball, Soccer, and  
Rugby Challenges  
Kindie Sport Challenges  
Boot Camp & Yoga classes  
Test Your Sports Trivia Knowledge  
Play Just Dance!  
Meet UW & Laurier Athletes



Get Olympic Boxer Mandy  
Bujold's Autograph

Bring the whole family and challenge yourselves to get moving this winter!

Kids can enter to win one of our great raffle prizes:

- \*Autographed Kitchener Rangers Stick\*
- \*FitBit Activity Band\*
- \*YMCA Family Membership\*
- \*Autographed Toronto Maple Leafs Hockey Stick\*
- \*Junior Membership to SydFit Boxing\*

*To volunteer, email Amy Beamer (abeamer@wpl.ca)*

*This event is brought to you by your Empire PS School Council and these great sponsors:*

