

# **Come enjoy an afternoon of outdoor exercise!**



**When:** Saturday, October 16, 2021

**Time:** 1:30 p.m. to 3:30 p.m.

**Where:** St. Peter Claver St. Pius V "One in Spirit"

**1546 N. Fremont Avenue—Hall Parking Lot**

**Cost:** \$15 per person



Bring your towel and your mask for an afternoon of pure fun!

We don't exercise only to look good, there's much more to it than that!

**Exercise can be therapeutic!**

It can make us happier and feel more confident!