

# FITATHALON



Commit to get fit this summer by Cross Training with a variety of Fitness activities. Track your minutes, hit your goal, win a prize and a chance to win **RedHawks tickets every week!**

## June 25 - August 19

### Cost: Free

#### Gold:

- 210 total minutes a week
- 70 minutes of each activity

#### Silver:

- 150 total minutes a week
- 50 minutes of each activity

#### Bronze:

- 90 total minutes a week
- 30 minutes of each activity

- Choose **three different** fitness activities.
- Complete the required minutes for **all three activities** each week.
- Complete Tracking Card or email updates weekly for a chance to win.

Owned and Operated by  
Fargo Park District:



For More Information:

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