

PUSH-UP & CRUNCH CLUB



November 12 - January 6

Cost: Free

Levels:

Level I- 2,500 Push-ups &
2,500 Crunches

Level II- 5,000 Push-ups &
5,000 Crunches

Level III- 10,000 Push-ups &
10,000 Crunches

Join this **Free** club and
earn prizes by tracking your
push-ups and **crunches**.

Home, work, at the gym
or on vacation, every one
counts on your quest to
reach **10,000 push-ups &
crunches**.

Owned and Operated by
Fargo Park District:



For More Information:

Wayne Herrick

wherrick@courtsplus.org

CourtsPlus.org - 701.237.4805



Connect With Us:

