

# PUSH-UP & CRUNCH CLUB



November 18 - January 12

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:



**COURTSPUS**  
COMMUNITY FITNESS

## For More Information:

Wayne Herrick

[wherrick@courtsplus.org](mailto:wherrick@courtsplus.org)

[CourtsPlus.org](http://CourtsPlus.org) - 701.237.4805

Connect With Us:

