



"Take Your Time"

Cresco Fitness Center
January 2-April 30, 2021

In person or at a distance
Check it out on FB 😊

***Run or Walk 150 miles**
(On track, treadmill, stair climber, elliptical or outside)

***Swim 15 miles OR Row 10Miles**
(Water walk or swim)
(70 Lengths = 1 mile) or (88 lengths along north side of pool for water walking)

***Bike 250 miles**
(On stationary bike, elliptical or outside)

**LET'S START THE YEAR OFF RIGHT!
EARN A T-SHIRT AT THE END 😊**