



Come get REFIT® Together with us for a family friendly workout, a relationship-centered workout approach with inspiring and positive music.

When: Monday & Wednesday

What time: 6:00 pm – 7:00 pm

Where: First Baptist Church Holbrook, 360 N.1st Ave

Who: Everybody welcome; all ages, adults, moms, klds, family!

Our mission is to Revolutionize the fitness experience by building the Holbrook community and Inspiring people to live with Impact! For more information call 928-524-2555. Donations based! Or search for us on Facebook at REFIT Together.

YOU CAN BURN 600 CALORIES IF YOU:

**SWIM 1 MILE
RUN 6 MILES
BIKE 15 MILES**

OR

**YOU CAN PARTY FOR
1 HOUR AT REFIT®.**



**WHEREVER YOU
ARE IS THE BEST
PLACE TO START!**

#refitrev