

THE WILLIAMSBURG COMMUNITY RECREATION CENTER PRESENTS:

**A PROGRAM DESIGNED FOR  
EVERYONE!!!**

**“GET FIT & STAY  
FIT” 2012**

The goal of the program is to hit 1000 miles between January 1<sup>st</sup> 2012 and December 31<sup>st</sup> 2012.

When you hit the *1000 milestone* you will receive *20% off* a *Single Annual Membership*.

Monthly drawings will be held to place your name in the end of the year drawing for a FREE SINGLE ANNUAL MEMBERSHIP!!!

**Here's How to Get Started:**

Sign up at the front desk at the Williamsburg Community Recreation Center. The fee for the year long program is only \$10.00. You will receive an exercise calendar to record your activities along with a list of activities and their miles to help guide you with your daily recordings. Your recorded miles will be turned into the front desk at the end of each month. You must be 12 years of age or older and a member of the Williamsburg Community Recreation Center to participate.

This 12 month program is designed to encourage healthy habits and help you stay involved in regular exercise all year long. You choose your own activities and exercise at your own pace and convenience. The deadline to sign up for the program is January 31, 2012. Remember the later you sign up the less time you have to reach 1000 miles.

For more information, please contact the Williamsburg Community Recreation Center at 668-1636 or e-mail us at [rec@iowatelecom.net](mailto:rec@iowatelecom.net).