

**MAY 2  
THROUGH  
MAY 26!**



**SUMMER**

**SHAPE-UP CHALLENGE**

## **HERE'S WHAT TO EXPECT...**

- **BOOSTED STRENGTH AND CONFIDENCE**
- **DAILY WORKOUT PLAN**
- **DAILY CHALLENGE**
- **HOME WORKOUTS VIA SILVERSNEAKERS GO APP.**

**THE SUMMER SHAPE-UP CHALLENGE IS FREE FOR  
ALL SENIOR KROC GREENVILLE MEMBERS!**

SEE KROC WEBSITE FOR DETAILS.



**KROC  
GREENVILLE**