


Fitt Fridays

October 4 | October 11 | October 18 | October 25

 Fitt will be hosting Community Walks open to everyone!

 Every Friday in October

 James D. Beville Park

 11:30am - 12:30pm

No registration required!



Not required to participate in FitTober to join in on FittFridays...but how fun if you did?!

FitTober is the easiest walking challenge you'll ever do! Register by scanning the QR code - registration closes October 4.

