



Friday Fitness Event

Train Like The Pros

September 24, 2010

12:10-12:50pm

Eisenhower Building, Auditorium A, 4th Floor
700 SW Harrison St Topeka, KS 66603



Are you looking to improve your speed, agility, quickness, and strength for your sport? Do you want to learn some fun new exercises?

Join Paul Sandburg, CSCS for an exciting sport specific workout!

Attendees may take part in the exercises or just observe if they choose.

There will be useful information for everyone.

Find maps, event handouts, a weekly health tip and more at:

www.capitalcitywellness.org

The Capital City Wellness project is designed to increase daily physical activity among employees in Downtown Topeka and to promote the Capitol Midweek Farmers' Market as both a walking destination and a resource for improving access to fresh, local produce.