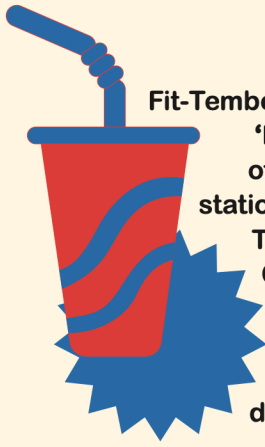


# It's Fit-Tember

at FIT @ PRC

## Fit-Shake

### Protein Smoothie of the Month



Fit-Tember kicks off with the Fit-Tember 'Berry Blast' Protein Smoothie, offered all month at the Barista station located in the Gateway Cafe. This smoothie features Orgain's Organic Vegan protein powder. That's 21 grams of plant based, lactose free, no sugar added, soy free protein in a delicious mixed berry smoothie!

## Fit-Hoops

### 3 x 3 Basketball Tournament

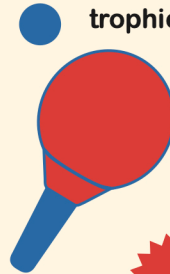
Sign ups for the 3 x 3 Basketball Tourney will be from Sept. 1st to the 9th with tourney play starting on Monday the 12th. The Captain of each team needs to email Mark at [mark@fitprc.com](mailto:mark@fitprc.com) to sign your team up. Mark will send you the details and then your first match when the bracket is set. The outdoor basketball court is located by bldg. 7555 and balls are available up in the gym. Prizes to all finalists and trophies to the winners! Game on!



## Fit-Pong

### Double Table Tennis Tournament

Sign ups for the Doubles Table Tennis Tourney will be from Sept. 1st to the 9th with tourney play starting on Monday the 12th. Just email Mark at [mark@fitprc.com](mailto:mark@fitprc.com) and let him know you and your teammate want to be a part of this and he will send you everything you need to know. Tables are located on the floor below the gym in the Game Room. We have paddles and pong balls up in the gym for your use. Prizes to all finalists and trophies to the winners! Be campus champs!



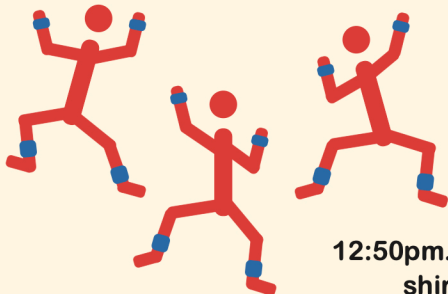
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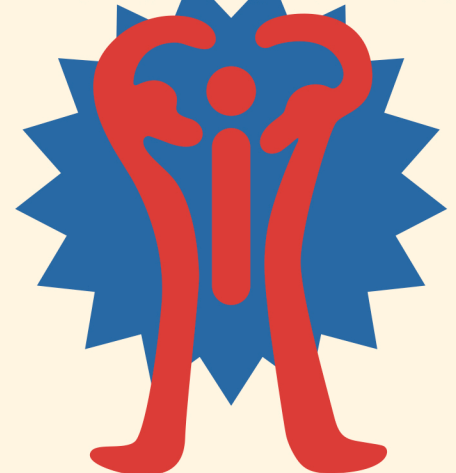
## Fit-Jam

### Outdoor Zumba Dance Party

Fit-Tember wraps up on Wednesday September 28th, with our Fit-Jam Zumba Dance Party! This super fun event will be held on the outdoor basketball courts from 12:05pm - 12:50pm. We will be giving away 24 'FITJAM' tee shirts (sizes are limited). To be a part of this event and qualify for one of these awesome tees, sign up at the front desk of FIT@PRC starting Monday Sept. 12th. Don't miss this one!



LET'S GO PLAY!



**FIT-TEMBER**  
**2022**



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