



East Hickman Family Fitness Presents

# **FITNESS DAY**

**March 9th from 10 a.m. to 4 p.m.**

10300 TN-46, Bon Aqua, TN 37025

**FREE WORKOUT  
CLASSES**

**FREE HEALTHY  
SNACKS**

**LIFTING  
COMPETITIONS**

**DOOR PRIZES &  
BOOTHS**