

**Pump**



**&  
RUN**



**Games, Prizes  
&  
Food**



**Activities**



## Fitness On A Mission



**Outdoor Event  
Admission Is FREE**

**Saturday,  
September 18, 2010  
7 AM - 3 PM  
Food - Prizes - Games  
ALL DAY**

**3427 South Blvd  
Great Western Shopping Center  
614-351-1717**

7:00am	Open Registration for Fitness Events
8:00am	Pump N Run
9:00am	Activities Begin, Kids and Family Fun
9:15am	Run Starts
9:30am	Inside Water Cardio
10:00am	Boot Camp w/ Mike Francois
10:45am	Awards for Pump N Run
11:00am	The Potter's House Choir
11:15am	Biggest Loser Challenge
11:45am	Turbo Kick w/ Sheila
12:30am	Cake Walk- "Win a Cake"
12:45am	Kids Contest
1:15pm	Trainer Challenge Contest
2:00pm	Big Raffle Drawing
2:15pm	Silent Auction Closes, Final Bids In
3:00pm	All Activities Close and Prize Pick Up

Game, Food, and Raffle Tickets Only \$1 Each  
or wrist bands for all activities are available  
All proceeds go to local charities

[www.victoryfitnesscenter.net](http://www.victoryfitnesscenter.net)

*Help Support*



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*The Homeless of  
Columbus*



*and the fight against*



*Human  
Trafficking*