



**FAMILY FITNESS FUNDAY: LOCOMOTION WITH MIGHTY MILERS**  
**Sunday, February 12, 2017 - 10a – 12p**



Please join us for our February Family Fitness Funday (say *that* 5 times fast!)

On Sunday, February 12<sup>th</sup>, our friends at the Mighty Milers program of the New York Road Runners will come in for a track and field-inspired, run-around fitness morning! It will be a great chance to jump, hop, run and skip with your family and other PS196 families.

Children, parents, grandparents, caregivers – all are welcome! Cost is \$5 per person, suggested - cash, or check made out to PA of PS196.

The New York Road Runners is a non-profit community running organization, whose mission is to help and inspire people through running. They are best known for their marquee event, the NYC Marathon. Mighty Milers is their free running program for kids of all fitness levels, designed to get kids moving and prevent obesity and illness. Participation in Mighty Milers helps kids build their self-esteem, and learn to make and reach personal goals.

The fitness class will be from 10a-11a in the PS196 gym. A bagel brunch will follow in the cafeteria, from 11a-12p.

**Space is limited - please RSVP by Thursday, February 9th!**

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**Please complete the information below and return, with your payment of \$5 per person (cash, or check made out PA of PS196), in an envelope labeled Fitness Funday**

Name of participant & Age/Class (if child)	email
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____

If you have any questions, please email [Wellness196@gmail.com](mailto:Wellness196@gmail.com)