



# SFEA Presents

# Summer Fitness Fling



**When: Saturday, June 24 @ 8:00am**

**Where: State Farm Park**



Live Well, Be Well and join us for a fitness party featuring 3 fitness classes, snacks, music, and FUN!!! Whether you're looking for a challenge or just want to try a new workout, this is the event for you! You can sweat it out through all three classes or just jump into the class that interests you most, including:

**WERQ** – A fiercely fun dance fitness workout fusing today's hottest pop, rock, and hip hop music with easy, high energy dance routines designed for torching calories!

**Yoga** – A gentle and relaxing workout focused on clearing the mind and energizing the body.

**Kickin' it with Kate** – A high energy, cardio kickboxing routine that will have you punching, kicking, crunching and wanting more! 45 minutes of cardio kickboxing combinations followed by a 10 minute core-crushing abdominal workout and a soothing cool down! Bring your mat, some water and your motivation!

**Schedule (subject to change):**  
**8:00 a.m. – 9:00 a.m. WERQ** (led by Kate Potts)  
**9:00 a.m. – 9:15 a.m. Break**  
**9:15 a.m. – 10:15 a.m. Yoga** (led by Sheri McCloskey)  
**10:15 a.m. – 10:30 a.m. Break**  
**10:30a.m. – 11:30 a.m. Kickboxing** (led by Kate Potts)

**The price for SFEA members is \$5.00 and includes snacks and water.** An employee SFEA member may bring any or all dependent family members 18 years of age and older (listed on their membership) at the member price OR one guest 18 years of age and older at the member price. Violation of membership privileges (signing up those not on your membership) could lead to your SFEA membership being revoked. Additional guest tickets will not be available at this time.

**Enrollment closes Thursday June 8, at 1:00pm.** All enrollments must be received in the Corporate South Activities Office, K-1, by 1 p.m. or in the Corporate Activities Office, SA-1, by 1 p.m. on the close date. In the event enrollments exceed availability, a drawing will take place. If you would like to attend with a friend, staple forms together and mail in one envelope. Make checks payable to SFEA. The Activities Office is not responsible for cash sent through the mail or late delivery of mail. Please contact the Activities Office if you need to cancel your enrollment. If there is a waiting list and your ticket is resold, your money will be refunded. If there is not a waiting list, your money will not be refunded.

Any questions, please contact SFEA Board Member [Heather Burns](#).  
Mailing address is: #3 State Farm Plaza, SFEA K-1, Bloomington, IL 61791.

**Summer Fitness Fling (#421) – Saturday, June 24**  
**Enrollment closes: June 8**  
***This event is for adults 18 and over***

Employee Name \_\_\_\_\_ Ext. \_\_\_\_\_ SFEA # \_\_\_\_\_  
Building \_\_\_\_\_ Floor \_\_\_\_\_ Department \_\_\_\_\_ Alias \_\_\_\_\_ Check# \_\_\_\_\_  
Retiree Address \_\_\_\_\_  
Street City Zip Phone #

**Please list all participants you are paying for (including yourself):**

**Name:** \_\_\_\_\_ **Name:** \_\_\_\_\_  
**Name:** \_\_\_\_\_ **Name:** \_\_\_\_\_  
**Name:** \_\_\_\_\_ **Name:** \_\_\_\_\_

Total # of participants for **Adults 18 and over** @ \$5 \_\_\_\_\_ Total Amount Enclosed \$ \_\_\_\_\_