



# Havasu Health Walk Challenge

Chairperson  
**Linda Scoles**

Committee  
**Debbie Hypes**  
**Jan Klatt**  
**Connie McDaniel**

**Mark Cowper**  
Friends of the Fair

**Dee Erhart**  
Havasu Fitness

\$5 at the door to hear the band (for those not participating in Spring Into Health.)

*Under the umbrella of*



**Havasu Community Health Foundation**

# Spring Into Health

**Saturday, March 18, 2017**

Registration begins at 7:00 am

Activities begin at 8:00 am

At the Rodeo Grounds

7206 Dub Campbell Parkway

## All Day Fun!

**For the entire family!**

- 8:00 am 4 mile run
- 8:30 am 4 mile walk
- 8:30 am 1 mile walk
- 10:00 am Yoga With Dee Erhart, Havasu Fitness (1 Hour)
- 10:00 am Mountain Bike Race (MTB)
- 10:00 am Strength Competition (4 Hours)
- 11:00 am Zumba With Jill Connor, Havasu Fitness (1 Hour)
- 11:00 am Frisbee Golf Demos (2 Hour)
- 12:00 pm Hike
- 12:00 pm Zumba Strong with Sandy Hickox, & Rachel Clayton, Titan Gym (1 Hour)
- 1:00 pm Yoga with Ben Hicks (1 Hour)
- 2:00 pm Kettle Bells with Nina Davis, Anytime Fitness (1 Hour)
- 2:00 pm Live Music (3 hours)

One Registration Fee allows you to choose multiple activities.

**Individual**  
**15 yrs. and older**

**\$25.00**

*Persons between 15 and 18 yrs. old must have a parent/guardian signature on waiver.*

**Child**  
**5 to 14 yrs. old**

**\$10.00**

*Must be under 15 yrs. old and accompanied by an adult. (Under 5 yrs. are free.)*

Register online at [www.havasucommunityhealth.org](http://www.havasucommunityhealth.org)  
or go to the Havasu Community Health Foundation office  
2126 McCulloch Blvd. N. Ste. 7

Call 928-855-5000 for more info.