



2009 FITNESS EXTRAVAGANZA!

THURSDAY, AUGUST 6TH AT 7:00 P.M.
PRE-GAME EVENTS START AT 5:30

FEATURING



ZUMBA®



A ZUMBA
CLASS BEFORE
THE GAME!

*CLASS FROM
5:30-6:30

FITNESS TESTS
FROM THE:



ALSO FEATURING

PILATES AND YOGA

BUTTS AND GUTS BOOTCAMP

CARDIO-KICKBOXING

*TICKETS ARE JUST \$8.50
WHEN YOU SHOW YOUR
GYM MEMBERSHIP CARD!



FEEL FREE TO CALL US
OR VISIT US ONLINE AT:

616-784-4131

1-800-CAPSWIN

WHITECAPSBASEBALL.com

*PRESENT YOUR MEMBERSHIP CARD AT THE WHITECAPS TICKET OFFICE TO RECEIVE YOUR DISCOUNT!
VALID FOR UP TO EIGHT TICKETS PER CARD