



You've lost the Weight, you've survived the Race, Now show us what you've got!

Join Town & Country's Summer Games Training & Competition:

- Don't miss out on this opportunity to train and compete!
 - Events for every age and ability level
 - Available to both members and non-members (must be 15 years old or older to participate)
 - Train 1x per week for 7 weeks and then compete in the events!
- **7 Weeks Training: 1 hour per week with certified trainer!**
1. Train 1 hour per week for 7 weeks at a highly discounted price!
 2. Sign up for a training group with payment at the member service desk
 3. Meet each week at designated time with trainer and work to become an Olympian and show us what you got!



- **Event Day: Saturday, August 22 (8-5:30pm)**
- **8-9am**
 1. 2-mile Cross Country Run/Walk: Meet at Town & Country Golf Center
 - **9:30-11am**
 2. Swimming: Aquatic Center
 3. Squat and Bench Press: Half Court Basketball
 4. Long and High Jump: Full Court Basketball
 - **12-3pm**
 5. Sprints (100m & 400m): Outdoor Soccer Field
 6. Shot Put & Discus: Outdoor Soccer Field
 7. **Team Events:** Tug of War, Water Brigade & Obstacle Course: Outdoor Soccer Field
 - **3:30-5pm Awards Ceremony:** Longnecks, across the street from the complex for discount food and awards

**Cost & Registration at the Member Service Desk or Call (859) 442-5800
(Pre-Register from June 15-July 3)**

Questions? Jeremy Hardin at (859)442-5800 or tcfitness@fuse.net