



**Carolina Family Fitness** is pleased to work with **Oconee Medical Center** and participants in the **Fit Family Challenge** by offering **free** exercise classes designed specifically for you and your family to achieve better health and fitness!



**Class Times:** Saturday 8am – 8:45am

May 17<sup>th</sup> – July 5<sup>th</sup>, 2014

**Location:** Carolina Family Fitness Center

106 Keowee School Rd

Seneca, SC 29672

864-882-3683

[CarolinaFamilyFitness.com](http://CarolinaFamilyFitness.com)

**Class:** Metabolic. This customized CFF version of a cardio workout burns calories, revs up your metabolism, and provides numerous cardiovascular benefits.

*Available exclusively to OMC Fit Family Challenge Participants*