

Family Fitness Fest set for 400 Block

GREENHECK FIELD HOUSE

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WAUSAU - The Greenheck Field House will host its inaugural Family Fitness Fest from 1 to 7 p.m. Tuesday on the 400 Block in downtown Wausau. The day will kick off with children's activities from 1 to 4 p.m., with adult group fitness classes to follow from 4 to 7 p.m.

Children's activities will include bounce houses, family yoga (1:30 to 2 p.m. and 2:30 to 3 p.m.), fitness races, painting, passport, BIG Legos, bubbles, face painting and more. The first 300 kids will receive a free bottle of water, Gatorade, or Hog Wash, a free water bottle, and a Schwan's ice cream treat. Four bounces houses — featuring Dora and Diego, a sports theme, an obstacle course and slide bounce — will be set up from 1 to 6 p.m. Participants will need a pair of socks. All kids who com-

plete their passport will receive a prize.

Adults can participate in gentle yoga, 4 to 4:45 p.m. (bring your mat); Pound, 5 to 5:45 p.m., and RPM (cycling), 6 to 6:45 p.m. Pound combines cardio, conditioning and core work with drumsticks and music. For RPM, limited stationary cycles are available, so call Greenheck Field House or sign up on the Mindbody Connect app to reserve a spot.

A nonperishable food item donation is requested in exchange for group fitness class participation. All donations will be given to Blessings in a Backpack.

Support for Family Fitness Fest was provided by the B.A. and Esther Greenheck Foundation, Cornerstone Technologies, Office Enterprise, Mid-Wisconsin Beverage and Train 4 Your Best.

Contact Aaron Mull or Robyn Bretl at 715-359-6563 or [@greenheckfieldhouse](https://www.facebook.com/greenheckfieldhouse) or [@dce.k12.wi.us](https://www.instagram.com/dce.k12.wi.us).



COURTESY OF GREENHECK FIELD HOUSE

The Greenheck Field House is ready to get kids moving with its Family Fitness Fest on Tuesday, Aug. 16, on the 400 Block in downtown Wausau.