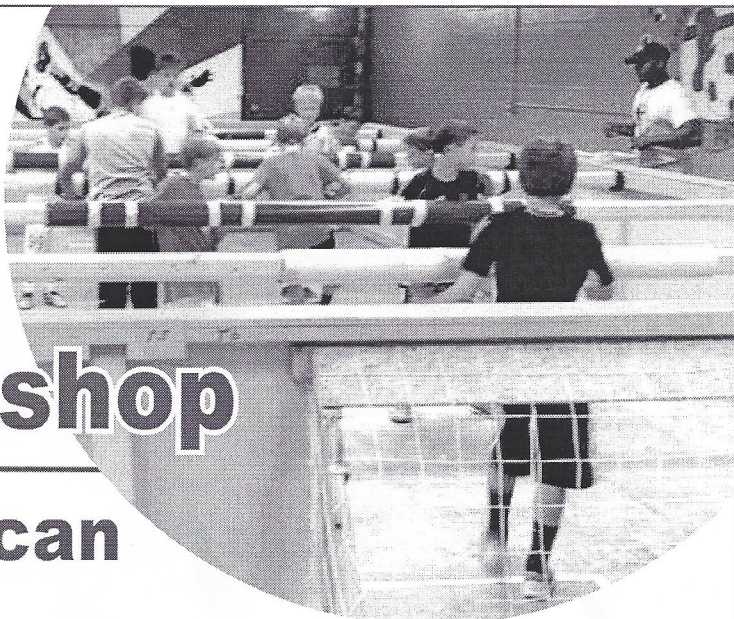


Personal Fitness Workshop

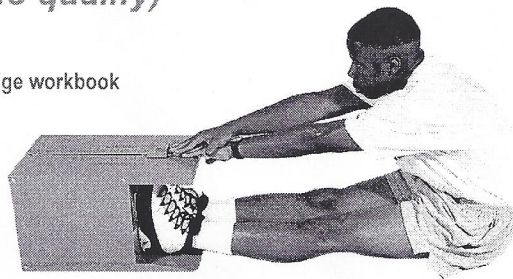
with Great American Human Foosball



Boy Scouts, Varsity Scouts and Venture Scouts *(who qualify)*



- Complete section 2-7 of the Personal Fitness Merit Badge workbook
- Complete your initial fitness assessment (1 mile run, 15 second sit & reach, and 60 second push-up test)
- Outline a 12-week personal program
- End with games of Human Foosball for a unique workout and team building activity!



Participants will need to complete section 1, 8 and 9 on their own. A follow-up fitness assessment can be scheduled with GAHF after a minimum of 12-weeks (\$10) and our counselors can sign-off on the badge at that time pending improvements are demonstrated.

Scouts must come prepared with a completed BSA medical form, the Personal Fitness Workshop pamphlet workbook, water bottle, snack, and dressed weather appropriate for inside/outside activity.

Fall 2016

SATURDAY, AUG. 13	1:00 - 5:00 PM
SATURDAY, SEPT. 17	\$28/ PARTICIPANT
SATURDAY, OCT. 8	MINIMUM 12 PARTICIPANTS
	MAXIMUM 30 PARTICIPANTS

TO REGISTER

Contact Sherri Brown 314.882.6191 - or - greatamericanhumanfoosball@gmail.com

GREAT AMERICAN HUMAN FOOSBALL

3227 Morganford, St. Louis, MO 63116