

RoCo Fit

Rogers County, OK

ROGERS COUNTY FITNESS Free Couch-5K Training

Join us for our **10th** Year!

REGISTRATION NOW OPEN

REGISTER ONLINE:

www.RocoFit.org

Hard copies of registration/survey available upon request

Must fill out Registration AND Pre-Survey

FIRST WORKOUT

**Tuesday, March
10th @ 6PM**

Claremore Lake Shelter
(past bathrooms, across
lake from boat/fishing
dock)

WEEKLY WORKOUTS

**Tuesday/Thursdays
@ 6PM**

12 Week Program
Claremore Lake Park,
Newest Shelter (across
lake from boat dock)

For more information contact:

Renetta Harrison | renettah@health.ok.gov | 918-341-3166

www.facebook.com/groups/RoCoFitOK/

Visit our website at: www.RocoFit.org

