

FREE BOOT CAMP



Inspire 4 Fitness, LLC

Karen Endres,
owner of **Inspire 4 Fitness, LLC**, is teaming
up with **WNC** to promote healthy living through
working out!

7th Annual Laundry Soap/
Diaper Drive

Goal!

50 Bottles of Laundry Soap
and Size 6 Diapers

Bring!

Water Bottle
10 Pound Weights (optional)
Yoga Mat (optional)
Donation of Laundry Soap,
Diapers, and/or cash

All fitness levels are welcome!
Children 10 and older are welcome to
participate!



Saturday, September
20th
7:30 am-8:30 am

Waunakee Neighborhood
Connection
208 S. Century Ave
Waunakee



Waunakee Neighborhood Connection