4th Annual
SPJCC Thanksgiving Day

BURN
BEFORE THE TURKEY

THURSDAY, NOVEMBER 24TH

Do it for the PIE!!

Our Goal:
Burn as many pre-turkey calories as possible & help raise non-perishable food items for the adopted families of NE Johnson County.

8:00-9:00am

Iyengar Yoga
All Levels.

"Action is movement with intelligence. The world is filled with movement. What the world needs is more conscious movement, more action." B.K.S. Iyengar

8:00-9:00am

Bootcamp Mix-up
Two levels with exercise modifications will be given for a CALORIE BURNING Workout!

Please arrive at least 15-20 minutes early!

Sylvester Powell Jr. Community Center
NORTH ENTRANCE
FREE & Open to the Public!
(with 3 non-perishable food items!)

Call, Stop By, or Enroll Online!
913.722.8200
WWW.MISSIONKS.ORG - CLICK 'PLAY'!

CITY OF MISSION KANSAS
PARKS & RECREATION