



The Q.C. Fitness Fest is an event for anyone 15 years or older. Participants will compete in a timed strength and endurance course that will consist of multiple events such as the sled pull, pull-ups, waterball toss, push-ups, sit-ups, farmers walk, and a 1 mile run. On the day of the event participants can also take advantage of free walk in exercise sessions and a bench your weight competition. So get a team together and sign up!

COME REGISTER FOR THE 1ST ANNUAL Q.C. FITNESS FEST!

WHO: INDIVIDUALS 15 YEARS AND OLDER

WHEN: OCTOBER 9TH w/ a rainout date of October 23RD

WHERE: BEN AND BUTTERWORTH MEMORIAL PARKWAY EAST LOT (NEXT TO THE OLD CASE PLANT)

FEE: \$20 per person (*must pre register for event. There will be NO onsite registration*) may register solo or as a team of 4 coed or same sex.

BONUS EVENT *Bench your weight competition (oct.9th) – Fee: \$12 ea. – This is a individual event *and will be held directly after the fitness challenge. Winner of each weight class will take home prize (Female and Male divisions) weight classes: 125,150,175,195,225,250+*

Go to www.moline.il.us departments then click PARKS and print out an application.

You can also pick up and application at Max muscle, Chirofitness Xtreme or Body Dynamics as well as The Moline Parks Department.

For more information contact Scott Lund (Moline Park Office) @ 309-524-2422 or email me @ slund@moline.il.us.

JOIN THE CHALLENGE!

Partners and Sponsors



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This event is open to all who would like to attend...

Individual prizes:

- Fitness Packages
- Gym Memberships
- Gift Certificates
- Free Dietary Supplements
- And much more!

Must pre register at the Moline Park Office (3635 4th ave. Moline, Il.) by September 26th to receive an official Q.C. Fitness T-shirt!

Fee Includes:

- Entry into the Fitness challenge competition.
- Free entry into the bench your weight competition.
- Free admission to the CFX fitness classes on the day of the event only.
- Official Q.C Fitness Fest t-shirt