

## **FITNESS INCENTIVE PROGRAMS**

### **Wedding Boot Camp**

What does everyone want on their wedding day but no one knows how to get? A great body! The Wedding Boot Camp is a 4-week fitness program designed to help brides and grooms look their best for their wedding, honeymoon, and the rest of their lives! This workout decreases dress and tux sizes, helps tighten and tone muscles, and decreases body fat. Discounts on wedding services given to participants.

Contact: Schaumburg (IL) Park District

[www.parkfun.com/dir/publications/progcat](http://www.parkfun.com/dir/publications/progcat)

### **Walk to Las Vegas**

Charter Township of Ypsilanti, 2025 East Clark RD, Ypsilanti, MI 48198

[www.twp.ypsilanti.mi.us](http://www.twp.ypsilanti.mi.us)

### **CardioTennis**

A new high energy group activity featuring drills to improve the student's fitness level, footwork and overall tennis game. Contact: Linda Kettell, City of Largo (FL)

[lhktennis@aol.com](mailto:lhktennis@aol.com)

### **PARENT NIGHT OUT/ FRIDAY NIGHT PROGRAMS –**

Richmond, Indiana Parks and Recreation; Erin Hitz, [www.ci.richmond.in.us/parks](http://www.ci.richmond.in.us/parks) - 765-983-7200 or [www.largo.com](http://www.largo.com) ; [clucas@largo.com](mailto:clucas@largo.com).

### **REALITY SHOW THEMES:**

**Survivor** - Westerville, Ohio Parks and Recreation: Wade Walcutt, [parksandrec@westerville.org](mailto:parksandrec@westerville.org), 614-901-6500

**Fear Factor**

**American Idol**

**Amazing Race**

**Trading Spaces**