## Feeling Good in 2013!













HANG ON to that New Year's Resolution as you go into February!

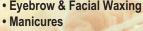
WAKE UP tomorrow with the attitude that no matter what happens throughout the day, you are going to be the very best YOU there is to offer!

> **BELOW** are some local resources that will help you continue on your goal of "Feeling good in 2013!"









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## R. Patrick Cargill

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The REC Center offers 3 basketball courts, a 3,000 square foot fitness area with cardio, selectorized fitness equipment, and a free weight section, including an elevated track for walking and running. We offer a wide variety of cardio fitness classes including Zumba, Yoga, MMA Fit, Tabata, Kickboxing, Boot Camps and much More! Hours: Mon. - Fri. 6am-10pm, Sat. 6am-7pm, Sun. Noon-5pm 2701 SW Parkway - Right next to Phil Welch Stadium Phone: 816.271.5512 • Like us on Facebook! f



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