

SPLEX

Family Fun and Fitness Day

 Saturday, May 20th, 2023



Fitness Center - Open House 10am-2pm

Come out and experience our Fitness Center. Participate in free exercise demos, workshops and have a brief wellness consultation with one of our fitness specialists. Come and see potential new classes that will be added to our Group Exercise Program Offerings. Ages 13 & up; FREE (13-17 year olds must be accompanied by an adult)



Health and Wellness Expo - 10am-4pm

The Prince George's Sports and Learning Center has partnered with the Prince George's County Health Departments Diabetes Prevention Link Program to provide you with a full day of workshops/seminars and wellness experiences. Topics include:

- Healthy Eating
- Achieving Peak Performance
- The State of our Healthcare
- Kidney Disease
- Dispelling Fitness Myths
- Mental Health, Stress, and Diabetes
- Mental Skills for your athlete
- Activities for the entire family



Gymnastics - Gymnastics Workshop 2:00pm -3:00pm

Walking to 12 years old. Max 3 kids per adult. First come, first serve. Max 20 participants.

Walking to 12 years old; FREE



For more information contact:

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