



FREE

FAMILY

FIELD

DAY

FREE ADMISSION FOR EVERYONE
KIDS EAT FREE ALL DAY!

- Bounce House
- Kids Activities
- Yard Games
- DJ & Music

- Food Truck (kids eat free)
- Tug Of War Contest
- Obstacle Course
- Tire Flipping

- Yoga
- Basketball
- Beach Activities
- Raffle Prizes & Giveaways

AUGUST 6TH
10AM-3PM

Stony Creek Metropark
Baypoint Beach Shelter



THANK YOU SPONSORS



For More Info Visit www.flexmotionfitness.com/fieldday or call (586) 434-4770