

# Guilford County Fitness Challenge

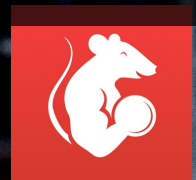


**Join us for our 2022 fitness Challenge!**  
Have you been wanting to push yourself in the fitness department but can't seem to get your feet off the ground? Or maybe you think that you can hold things down at your local gym. Either way, we have the challenge for you.

**May 23rd - July 14th**



**Eventbrite**



N.C. COOPERATIVE EXTENSION IS AN EQUAL OPPORTUNITY PROVIDER.