



# Get Moving Gates



## Spring Fitness Challenge

Our goal this spring is to inspire people to get out and GET MOVING! Complete monthly moving goals below and receive a limited edition GMG shirt! Fitness challenge and hikes are FREE, but pre-registration is required.

## MAY GROUP HIKE

**NEW DATE**

SATURDAY, May 17

10:00AM-12:30PM

**Powder Mills Park**

Bus leaves Gates Town Hall at 10AM

Ride the bus OR meet us at the park around 10:30AM



**MAY  
MOVING GOALS**

**Walk, Run  
or Hike  
20+ Miles**

**Visit a  
NEW park**

**SHARE YOUR PHOTOS WITH US!**  
Comment on this post with any  
photos from April

**Take a picture of  
5 different wildlife**