



Celebrate Father's Day with fitness, fun, and a well-earned treat! **Doughnuts with Dad** is a special **father and child event co-hosted by GymCore and Fortified Fitness**, created to give dads (and father figures) the chance to bond with their kids through movement, laughter, and friendly challenges.

Join us on **Sunday, June 14th from 2:00–4:00 PM** for an action-packed afternoon filled with **obstacle courses, fitness challenges, interactive games, and open play**, all designed for dads and kids (ages 1 - 12 years) to experience together.

Throughout the event, families will rotate through exciting **dad-and-kid obstacle courses** that encourage teamwork, problem-solving, and cheering each other on. Dads and kids can test their strength and agility through **age-appropriate fitness challenges**, enjoy classic gym games, and explore the gym during supervised open play time.

To refuel after all the action, families will wrap up the event by enjoying **delicious doughnuts**, making this the perfect mix of active fun and Father's Day indulgence. With plenty of high-energy moments and memory-making opportunities, this event is sure to be a Father's Day favorite.

✨ **What to Expect:**

- Dad & Kid obstacle courses
- Fun fitness challenges for all ages
- Interactive games and gym activities
- Supervised open gym time
- Fresh, delicious doughnuts

Cost: \$25 per Mother/Child pair. Extra \$10 for each additional child.

Location: Inside Fortified Fitness (203 Southpointe Court, Murfreesboro, TN)

**For families with multiple children, please note that students ages 4 and under are typically placed in a separate group from those ages 5–12. This grouping structure allows us to provide age-appropriate activities for each age range.*