

Release Some Energy!

with Wellbeats



Train Like a Superhero

Wellbeats Superhero Training Camp for Ages 4-10

Ever wondered how superheroes maintain their power and strength? By regular exercise, of course!

Bring your kids to our free Wellbeats "Train Like a Superhero" outdoor event, where they will learn how to perform a variety of obstacles to build strength and endurance while, of course, having fun!

Event includes:

- A fun, superhero-themed obstacle course at Minikahda Vista Park
- Superhero capes for the first 50 kids in attendance
- Superhero-themed face painting
- Prizes and giveaways
- And so much more!

All participants are encouraged to come dressed as their favorite superhero. Snacks and refreshments provided. Street parking on site.

Please RSVP using the link below:

<https://wellbeats.com/superhero-event>

Kids are welcome to continue the fun and stay longer at the park. All kids MUST have an accompanying adult with them at all times. All parents or guardians must sign a Youth Participation Waiver when RSVPing.

Wellbeats™

Event Details

**Wednesday, July 31st from
11am-12pm**

Minikahda Vista Park
3901 Inglewood Ave S. St. Louis
Park, MN 55416

Wellbeats Shoe Drive

Outgrown shoes? Wellbeats will be accepting all new and gently-used tennis shoes at the event. All shoes will be donated to Soles4Souls, a non-profit social enterprise providing relief through the distribution of shoes and clothing around the world.

To learn more about accepted donations, please contact Wellbeats at media@wellbeats.com.

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