



The Friends of the Murrieta Library
Invite YOU to Celebrate

National Physical Fitness and Sports Month
and embrace F-U-N and fitness!

Our special program guests are *Dynamic Fitness*, Kevin Duenas and *APG Golf* Tony Greco, PGA Tour Instructor, and Director of Instruction at Bear Creek Golf Club of Murrieta. This dynamic duo brings physical fitness to our Library. Our community Library is a wealth of knowledge including books and resources on every physical activity and sport. We offer study areas and computers to MVSD students, their teachers, coaches, and parents.



These two business owners train some of our athletes, including MVHS Golf Team, and everyone in the Inland Empire who wants a healthy body or to improve their golf game.



At *Dynamic Fitness High Performance Kinesiology*, you will meet movement experts using biomechanics and applied kinesiology for general fitness, rehab, and for serious athletes.

APG Golf owner Tony Greco teaches golf to children, golfers who want to excel, and PGA Tour Professionals. Look forward to fun while interacting, exercising, and learning to hit a golf ball in our own library!



Date: Tuesday, May 17th -10:00 a.m.
Murrieta Library's Community Room
8 Town Square, Murrieta

