

Presented by

**EASTMONT TOMATO FESTIVAL**

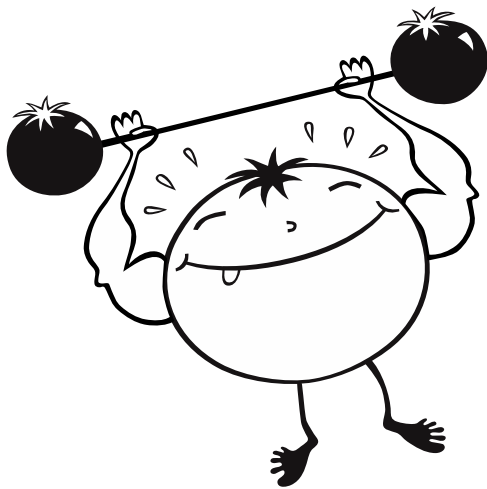


SATURDAY, AUGUST 17, 2019 MEADOWBROOK CENTER, SHAWSVILLE, VA

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## 'MATER MADNESS 2019

Pre-festival outdoor  
boot camp



**CHAIRPEOPLE:** John Shumate & Kate Stewart

**TIME:** 7:15am- 8:15am Saturday,

**PLACE:** Waldron Wellness Center

**AGES:** 15 & up

**DESCRIPTION:** High-energy boot camp style workout led by Waldron instructors John Shumate and Kate Stewart. May include some running, relays, obstacle courses, strength drills and more. This is a great, high energy way to kick off your Saturday before the Tomato Festival begins at Meadowbrook.

**COST:** Free