

## 805 Connects Activity Reminder



**Event:** 805 Connects \$100 90-Day Fitness Challenge/Nutritional Class & Recovery

This activity uses 3 authorized hours with 805 Connects

**Date:** October 8th, 2026

**Time:** 4:45pm-7:45pm

**Location:** 805 Connects Office  
1317 Del Norte Rd. Suite #150, Camarillo CA

### **Description:**

Join 805 Connects in its first ever 90-Day Fitness Challenge! Join us to get an official body fat analysis during our first meeting and Thursday's we will be meeting for guided workouts and wellness lessons on a variety of topics.

### **How to Prepare:**

Wear gym clothes, gym shoes and bring a water.

### **Pick up details for the day of the event:**

- Pick-up time is 45 minutes before activity start time.
- An activity coach will call you during pick-up.
- Please be prepared, answer your phone, and be patient so we know you are still attending.