

# The 8th Annual “Fit Fathers Day” Celebration Returns with In-Person Attendance and a Virtual Workout Option

*The free Father’s Day celebration will focus on exercising with six elite trainers providing six unique workouts.*

SILVER SPRING, MARYLAND, USA, June 8, 2021 /EINPresswire.com/ -- After an all-virtual edition in 2020 due to COVID-19 restrictions, “[Fit Fathers Day](#)” returns with a hybrid model bringing its energetic workouts and healthy motivation on-site in Downtown Silver Spring and online at [FitFathersDay.com](#). The free Father’s Day celebration will focus on exercising with six elite trainers providing six unique workouts.



8th Annual  
**FIT FATHERS DAY** Celebration!

Register: [FitFathersDay.com](#)  **LIVE**

Sunday June 20th  
10am – 12pm EDT  
Or join us at  
Veterans Plaza  
Silver Spring, MD

**GMC**

  Men's Health MONTH  

#FitFathers #FitFathersDay

Free Fit Fathers Day (online and onsite) on June 20th from 10am to 12pm

“Many of us have gained pandemic weight and let unhealthy habits take precedence,” said Fit Fathers founder Kimatni Rawlins. “However, June is Men's Health Month, and since restrictions are lifting, use this event as a defining moment to press “reset” regarding your fitness and wellness goals. By attending “Fit Fathers Day” we hope to inspire those in-person and online with positive lifestyle changes towards making our communities healthier, starting with dads and father figures.”

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*Kimatni Rawlins, founder of the Fit Fathers Foundation*

This year, “Fit Fathers Day” will feature a 300-Calorie Burn with Gym Jonez; Glute Camp by SoFITfia; Boxing Basics from Vic, The Boxing Guy; Vinyasa Yoga with Kseniya Tsoi; Zumba Fitness with 93.9 WKYS’ Jackie Paige; and a Full Body Workout from celebrity trainer Michelangelo Bance.

Presented by General Motor’s [GMC](#) brand, the wellness

event will be hosted by certified trainer and vegan lifestyle coach -- Fit Fathers' Kimatni Rawlins. On-site participants will have access to over \$1,500 in prizes, healthy giveaways, and be able to experience the all-new 2021 GMC Yukon AT4 Sport Utility Vehicle, which will be on display.

GMC is the lead sponsor for Fit Fathers Day. Additional sponsors include Bose, Michelin Tires, Meatless Monday, Turtle Wax, Hip Hop Fathers, the Physicians Committee for Responsible Medicine, and Radio One (WKYS 93.9, Praise 104.1, Majic 102.3).



**8th Annual**  
**FIT FATHERS DAY** Celebration!

Presented by  
**GMC**  
Hybrid Edition (Virtual & Onsite)  
Log onto [FitFathersDay.com](http://FitFathersDay.com)  
Sunday June 20, 10am -12pm EDT  
Hosted by Fit Fathers Founder  
Kimatni D. Rawlins

**FREE!**

10:00 am – Wellness Remarks	11:05 am to 11:20 am – Boxing Basics w/Vic, The Boxing Guy
10:05 am to 10:20 am – 300 Calorie Burn w/GymJonez	11:25 am to 11:40 am – Vinyasa Yoga w/Kseniya Tsoi
10:25 am to 10:40 am – Glute Camp w/SoFITfia	11:45 am– 12:00 am – Zumba w/93.9 WKYS Host Jackie Paige
10:45 am to 11:00 am – Full Body w/Michaelangelo Bance	12:00 pm – Closing Remarks

#FitFathers #FitFathersDay

Reboot your families fitness and health

Participants can join “Fit Fathers Day” on Sunday, June 20, 2021, from 10:00 am – 12:00 noon in-person at the Silver Spring Civic Center Pavilion, Veterans Plaza, 8525 Fenton Street, Silver Spring, MD, and virtually at [www.FitFathersDay.com](http://www.FitFathersDay.com).

Fathers, lead by example so your families can learn about the life-long benefits of a healthy lifestyle!

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The Fit Fathers Foundation is a 501(c)(3) nonprofit that educates families on overall wellness. Fit Fathers informs men with strategies for eating whole, nutritional foods and incorporating stimulating activity in their daily regimen, while encouraging them to lead their families to healthier lifestyle habits. [www.FitFathers.com](http://www.FitFathers.com)

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