



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HEALTHY HOLIDAYS.

ANOTHER REASON Y.

SIGN UP TODAY

DETAILS AT THE FRONT DESK

Sign up from Nov. 1-30



GROUP EXERCISE

12 CLASS CHALLENGE

HOLIDAY GOAL: Keep Exercising
COST: \$10

Water Exercise, Cycle,
Cardio & Strength,
Mind Body

Attend 12 Group Exercise
classes to earn
a tshirt!

Have your instructor initial your
sheet after each class.



BATTLE OF THE BULGE

HOLIDAY GOAL: Maintain Your Weight
COST: \$10

Lose or maintain your
weight and receive
a tshirt.

Initial Weigh-In:
before Thanksgiving

Final Weigh-In: Jan. 1-8

Consult with your Fitness Floor
Associate with ideas to stay on track.

