

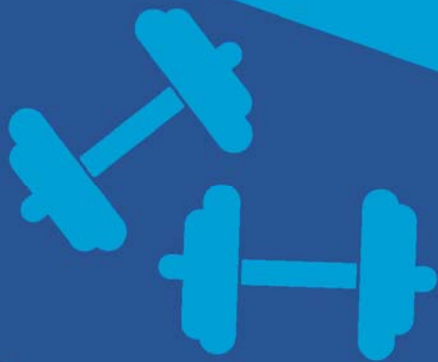


FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



FIT IN 6

SIX WEEK
WELLNESS CHALLENGE
JUNE 25- AUG 5



COMPLETE
WORKOUTS

1 3
6 4 8

EARN
POINTS



WIN
PRIZES

REGISTER NOW!
At the front desk

Challenge Dates: June 25—August 5

Member name:

Points: _____ Date: Cardio Strength GEX	Points: _____ Date: Cardio Strength GEX	Points: _____ Date: Cardio Strength GEX	Points: _____ Date: Cardio Strength GEX	Points: _____ Date: Cardio Strength GEX
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BONUS POINTS – Tell us about it!	BONUS POINTS – Tell us about it!	BONUS POINTS – Tell us about it!	BONUS POINTS – Tell us about it!	BONUS POINTS – Tell us about it!

FIT IN 6

6 Weeks – 50 points = **Entered into a drawing to win:**



Circle your daily activity and track your total daily points. Overall Goal = 50 points

Cardio: 30 minutes = 1pt

Strength: 30 Minutes = 1 pt

Group Ex: 1 hr Class = 2 pts

Weekly bonus point opportunities to be announced each week!