

JOIN US FOR THE
**Allstar Fitness
Challenge**



Don't miss out on this special opportunity!

WINNERS OF THE CHALLENGE will receive 12 free training sessions, 6 months of dues, fitness challenge winners t-shirt, and additional prizes to be announced.



**ALLSTAR
FITNESS
CHALLENGE**

12 FREE FITNESS CHALLENGE GROUP TRAINING CLASSES INCLUDED FOR PARTICIPANTS.

ENROLLMENT OPENS December 15th

Fitness Challenge starts Friday, January 15th and goes through Thursday, April 15th.

Ask your favorite trainer about how you can get enrolled today!

FITNESS CHALLENGE FACTS



1. Fitness Challenge enrollment opens December 15th.
2. The Fitness Challenge is a **12 week Body Fat Loss and Lean Muscle Gain program**. All participants are required to purchase Personal Training services (12 sessions minimum) to qualify. In addition, 12 free Fitness Challenge Group Training classes are included for participants. Classes will be on Mondays and Wednesdays at 6pm.
3. Body Fat will be measured by Bio-Electric Impedance only.
4. There is special discounted pricing for the training packages for the Fitness Challenge.
5. Each Fitness Challenge participant will be given a t-shirt.
6. The winning participants will be chosen by the Fitness Department and Director.
The categories are:
Body Fat Loss and Lean Body Mass Gain.
Winners of the challenge will receive 12 free sessions of personal training, 6 months of dues, Fitness Challenge winner t-shirt, and additional prizes to be announced.
7. All participants must enroll with enough sessions to carry them through the entire challenge training at least once a week. 12 sessions is the minimum to enroll unless you are a current client with sessions, then you can enroll with 3 sessions. However, the current client must have enough sessions for the duration of the contest.

**ALLSTAR
FITNESS
CHALLENGE**



ENROLLMENT OPENS December 15th

Fitness Challenge starts Friday, January 15th and goes through Thursday, April 15th.

Ask your favorite trainer about how you can get enrolled today!