

FITNESS CENTER SUMMER CHALLENGE

WHAT'S THE CHALLENGE?

Mile Challenge A: Reach 20 miles on Treadmill, Elliptical,
or Tread climber

Mile Challenge B: Reach 45 miles on Spinning or
Stationary Bike

HOW LONG DOES THE CHALLENGE LAST?

4 Weeks

July 16, 2018 thru August 13, 2018

HOW DO I JOIN?

Sign up with Judy or Darylne at the Fitness Center

WHAT'S THE PRIZE?

A Pedometer

or

Fruit Infusion Pitcher/Recipe book

QUESTIONS?

Call Judy Lee

310-3816

*CHALLENGE RULES

ON THE BACK



Rules

- Must be 18 or older to participate
- *Miles outside of the Fitness Center do not count for the challenge
- *You may count miles if you attend twice a day
- *Participant needs to choose Challenge A or B
- *Miles count on the last day-August 13th
- *You may choose your prize on Tuesday, August 14th

First come first served