

SURVIVOR CHALLENGE IS BACK



FITNESS INSTITUTE HAS ISSUED A CHALLENGE TO ALL MEMBERS!

- The challenge consists of teams of 10, lead by a staff member
- The objective is to accumulate collectively as a team the highest total of points
 - One point is rewarded for each 1/2 hour of exercise to a maximum of 1 1/2 hours a day
 - 1 bonus point rewarded for taking part in additional programs such as group exercise, aqua fit, personal training and pilates
- Participation in the challenge costs \$20.00, which includes a t-shirt and awards banquet Thursday December 2nd, 2010

If you have any questions or wish to join a team please speak
with Front Desk or one of the Personal Trainers

This competition runs October 4, 2010 until November 22, 2010

All teams must be formed by Sept 30th, 2010



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