

2012 Spring Fitness and Wellness Challenge

REC FIT WAR



6 Week Challenge: May the best team win!

Registration: Jan 26th - 29th in the Mackal Cardio Center

Success Packet: included

Get paired up with a team: team captain will contact you

Weigh-in: first and last week

Workout: 45 min workouts provided or participant in group exercise classes

Trivia: do you think you know the answer????

Challenge: test your fitness level

Group Exercise classes: free class available

Points: earn Participation points each week

Prize: teams with 600pts or more win!

Win the War: One team will win the war!!!



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