



SWEATEMBER

**FITNESS CHALLENGE
SEPTEMBER 1-30**

Get ready to embrace the season of change with our exclusive Fall Fitness Challenge. As the leaves turn and the weather cools, it's the perfect time to turn up the heat on your fitness goals. Join us for a transformative experience that will boost your energy, improve your health, and get you in the best shape of your life.

1

Exercise:

Start by performing any exercise activity for at least 30 minutes (strength training, group fitness classes, personal training, and any cardio exercising applies)

2

Put Your Name on the Board:

Visit FitnessNOW and locate the challenge posterboard that will hang on the bulletin board near the treadmills.

3

Give Yourself a Star:

See the Guest Services desk to receive a star as your reward for working so hard!

How to Win

Exercise at least 15 times in the month of September and collect 15 awarded stars. Three winners will be selected on October 1st that will receive a \$15 gift card for their efforts! If you post to your Facebook that you've checked in to FitnessNOW and completed your workout, you can receive 1 extra star (5 extra stars max.)