



Join our Holiday Contest!

Goal #1 - Maintain Your Weight (or Lose It)!

Initial weigh-in will be November 17-21, 2018.

Final weigh-in will be January 2-6, 2019.

Goal #2 - Share the Gift of Health!

Bring a guest to work out for FREE anytime during the contest. (Note: Your guest will need to fill out and sign a guest consent form.)

Goal #3 - Attend and Scan In!

Scan in and workout 15 times or more between

November 17, 2018 and January 6, 2019.

Your name will go in for our Holiday Contest Drawing for each goal you accomplish.

Prizes:

- Healthplex T-shirt
- FREE Month
- Free 4 session Training Package
- Free Health and Fitness Challenge Registration Fee
- Free Metabolic Test



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Better. Every day.

  www.sbchealthplex.crmc.org