LET’S STICK TO THOSE NEW YEARS RESOLUTIONS!

- OFFICIAL EVENT START DATE AND 1ST WEIGH INS: MONDAY, JAN. 29th

- REGISTRATION DEADLINE FOR EVENT: SUN. JAN. 28th

-SIGN-UP AT THE MAIN UPSTAIRS FITNESS CENTER DESK

6-WEEK PROGRAM WILL INCLUDE:

⇒ REGULAR CONTACT WITH A CERTIFIED PERSONAL TRAINER

⇒ WEEKLY WEIGH-INS, EXERCISE AND NUTRITION TIPS

AWARDS TO OVERALL BIGGEST LOSERS IN BOTH THE MALE AND FEMALE CATEGORIES AND THE WINNING TEAM

COMPETE FOR A FIT BIT FLEX 2

The Fitbit Flex 2 tracks running, walking, dancing, basketball and even sleeping! It also syncs up with a motivational web and mobile experience. So put it on and GET MOVING!!