



Attention MU Faculty & Staff looking for a challenge?

6 WEEKS TO A HEALTHIER YOU

July 10th - August 21st

Initial weigh-ins will take place on Monday, July 10th. We will use the scale located in the SMC Fitness Center. Weight loss percentages will be used to determine the winners.

**Sign up if you are up for the challenge; you will be able to use the Fitness Center & attend Group Fitness Classes for FREE from:
7/10/17- 8/21/17**

**To sign up email Ashley Sharpe at
asharpe@ssi.millersville.edu**

**Lose weight, reshape your mind/body & completely
TRANSFORM YOURSELF!**