

COMMIT TO BE FIT CHALLENGE

Here's how you can earn a
FREE 6-month Fitness Center Membership:

(Awarded July - December 2016)

- 1) Prepay for a 6-month Fitness Center Membership by February 1 at the Business Office** Cost: \$150 (\$25/month)
- 2) Select one of the following contests to participate in and notify Phil Tafone by February 1 at 5 pm:**

Contest #1: Compete with yourself

Complete 5 workouts per week (February 1 - April 30). Workouts must be a minimum of 15 minutes and will be confirmed through the security system.

Contest #2: Compete with the community

Meet with Phil Tafone by January 29 for the pre-contest fitness assessment. Follow-up with Phil Tafone each month to evaluate your progress and finalize the post-contest fitness assessment.



Phil Tafone
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