



# Group Fitness

## BIGGEST MOVER CHALLENGE!

### How many classes can you complete in 6 weeks?

When? Monday, January 21st – Sunday, March 3rd.

What? Earn 1 point for each Group Fitness class that you attend. (The instructor will initial the card for land classes. Front desk staff will help with Aqua.) For every 10 points earned, you will earn an entry into a raffle at the end of 6 weeks. Cards can be turned into your instructor or to the front desk. There is no limit on the number of cards you complete.

Why? To help you stay motivated during these cold winter months!

Prize? Grand prize drawing = \$100. 4 second place prizes = \$25. The more classes, the more cards, the more chances at winning!

How do I start? Pick up a card any time after the challenge has started (January 21st) from your instructor (for aqua classes, at the North front desk).

Questions? Contact Kat at [katk@amesfitness.com](mailto:katk@amesfitness.com).

