YOU'RE INVITED TO OUR

HOLIDAY SURVIVOR CHALLENGE



lititz recCenter

The Holiday Survivor Challenge is back! Join in on the fun this year and stay active this holiday season. The rules are simple:

1. **Purchase a exercise log at the front desk before Nov 23rd or scan the QR code & collect the log at the front desk**
2. **Place exercise log in the binder on the red table near the entrance of the fitness center**
3. **Record your "Survivor points" in the binder each day, adding in your totals for the week. Classes, Cardio, weight training all equal points!**

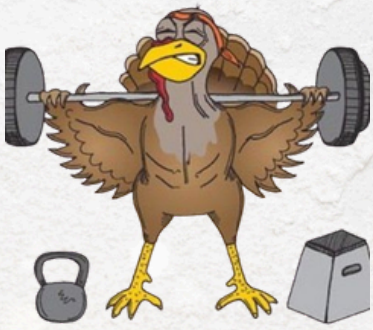
Top 3 participants with the most points wins! Everyone who registers for the challenge will receive a t-shirt.

NOV 23RD-DEC 31ST

CARDIO -30 MIN OR LONGER IN THE RECCENTER OR OUTDOORS =5 POINTS

WEIGHT TRAINING - 30 MIN OR MORE OF STRENGTH TRAINING = 5 POINTS

GROUP EXERCISE CLASS -30 MIN OR MORE OF A CLASS = 6 POINTS



FEES:

$15 MEMBERS

$20 NONMEMBERS

SCAN THE QR CODE TO REGISTER TODAY!

FOR DETAILS CONTACT
717-626-5096 EXT 239