



New Year - New You

12 Week Fitness Challenge

January 21-April 15

(906) 635-4935

\$25 Entry Fee Includes:

- T-Shirt
- Free Fitness Class Pass (Spinning or Yoga)
- Pre & Post Challenge Testing: Flexibility, Strength, Body Fat %, Body Weight, Measurements, and Cardiovascular Fitness

Top Four Finishers Receive a Prize!

4th Place: Free Fitness Punch Card (Good for 10 classes) **OR** One Month Membership

3rd Place: Two Free 60 Minute Personal Training Sessions **OR** 3-Month Membership

2nd Place: Two Free One Hour Massages **OR** 6-Month Membership

Grand Prize: Overnight Stay and Dinner for 2 at any Kewadin Casino Hotels and Restaurants **OR** 1-Year Membership

**** Must register, pay, and sign up for 30-min assessment timeslot by January 14. All assessments performed on January 21 6am-8:30pm****