



HARD WORK @ the Club DEDICATION



8 Week Exercise & Weight Loss Challenge January 9—March 4, 2012



Motivated—NOT! Let [the Club](#) help to inspire you to get more active and reach your fitness goals!

- Register at the front desk—receive challenge details, weekly activity card, and 3-Friends Pass
- Weigh-in from January 9-14
- Visit the Club for a workout a minimum of 4x each week and earn extra points for trying a class, playing tennis or squash!
- BONUS activity points each week
- Bistro Healthy Choice items earn you points too!
- Guest speakers, Club tips and much more!
- Top male and female earning the most points and having the highest percentage of weight loss WIN!