



The Trainers of 4-Seasons Invite You To...

CHALLENGES THROUGH THE HOLIDAYS

GATHER YOU FRIENDS AND FAMILY TO PARTICIPATE IN THIS WEIGHT LOSS AND FITNESS CHALLENGE WITH A SPECIAL TWIST!

NOT ONLY WILL YOU BE WORKING THROUGH THE HOLIDAYS TO BUILD A STRONGER, HEALTHIER YOU, BUT YOU WILL ALSO WORK WITH YOUR TEAMMATES TO COMPETE IN CHALLENGES ALONG THE WAY!

3 Individual Prizes and 2 Team Prizes Up for Grabs!

PRIZE #1 (INDIVIDUAL) 6 MO FREE MEMBERSHIP!

PRIZE # 2 (INDIVIDUAL) 3 MO FREE MEMBERSHIP!

PRIZE# 3 (INDIVIDUAL) \$100 GIFT CARD TO DICK'S SPORTING GOODS!

PRIZE# 4 (TEAM) \$25 GIFT CARD TO DICK'S FOR EVERY TEAM MEMBER!

PRIZE# 5 (TEAM) 1 HOUR OF FREE PERSONAL TRAINING FOR EVERY TEAM MEMBER!

*****Contest begins October 29th and runs through January 21st*****

\$30 ENTRY FEE BEFORE OCTOBER 15TH

\$40 ENTRY FEE AFTER OCTOBER 15TH

*****See website for complete contest rules and details or email Ricki Schneider enfulton@gmail.com*****

