



FORCES
IN TRAINING

SHEARWATER

FITNESS

»» CHALLENGE

JANUARY 15TH - FEBRUARY 16TH

**ATTEND 15 CLASSES TO EARN A
FITNESS CHALLENGE T-SHIRT**

- »» EARN 1 STICKER PER CLASS ATTENDED
(2 STICKERS FOR THURSDAY'S 1215H MOBILITY
AND FRIDAY'S 1215H FUNCTIONAL FITNESS)**
- »» ACCUMULATE 15 STICKERS TO EARN FITNESS CHALLENGE T-SHIRT**
- »» 1 STICKER = 1 ENTRY FOR RAFFLE PRIZES WHICH INCLUDE:
COL & CWO GYM PARKING SPOTS FOR 1 MONTH, TRX FITNESS KITS,
POLAR HEART RATE MONITORS, T-SHIRTS, AND MORE!**
- »» 15 STICKER MAX PER PERSON**
- »» UNIT PT SESSIONS ARE NOT ELIGIBLE FOR STICKERS**
- »» CANNOT EARN STICKERS FOR OTHER PEOPLE WHO ARE NOT ATTENDING**

NO REGISTRATION REQUIRED

