

SEPT

40-Day Fall Fitness Challenge

RULES

1. Check Box after Completing Daily Challenge

2. Text Lisa daily to Check In:
360-733-2134

3. Earn 2 Points for Checking In

4. Earn 2 Points for Completing Challenge

5. Lose 1 Point for NOT Checking In

6. Lose 1 Point for NOT Completing Challenge

SUN	MON	TUES	WED	THURS	FRI	SAT
16	17	18	19	20	21	22
23	<input type="checkbox"/> 24 Strength Cycle Class	<input type="checkbox"/> 25 35 Squats 20 Crunches 15 sec. Plank	<input type="checkbox"/> 26 15 min. Cardio 15 sec. Side Planks	<input checked="" type="checkbox"/> 27 Rest	<input type="checkbox"/> 28 40 Squats 23 Crunches 17 sec. Plank	<input type="checkbox"/> 29 15 min. Cardio 17 sec. Side Planks
<input checked="" type="checkbox"/> 30 Rest						

The 40-Day Strength + Cycle challenge is a great way to enhance your fitness and prepare for winter recreation.

Take part in a weekly cycling class that includes strength circuits designed to firm and tone your body into peak condition.

Daily fitness challenges will test your conditioning and help you stay active!

Prizes will be awarded for the most points earned:

The more you workout and check in, the more points you earn!

Prizes include Winthrop Fitness Swag + FREE REGISTRATION for the next series!

