



FALL STEP CHALLENGE

October 23 - November 19

\$20 for Non-Members, FREE for members

Use a pedometer (*provided*) or step tracking app
Track your steps weekly and report them

By the end of the challenge you must:

- Log at least 10,000 steps for at least 24 days (out of 28)
- Use the Center at least 30 minutes twice a week
- Participate in 4 fitness classes
- Have a session with Michael, the personal trainer

***Members** win training sessions, premium classes or locker

***Non-Members** win a month membership w/ locker

Participants with the highest steps will win extra prizes!!