

Summer Step Challenge

June 1 - July 13

Members and Non-Members may participate

\$25 for Non-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 10,000 steps at least 36 days (out of 42)
- Use the Center at least 30 minutes twice a week
- Participate in 6 fitness classes
- Have a session with the personal trainer
- Attend 2 informational sessions related to fitness, wellness or health

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

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

The participants with the highest steps will win extra!!

Register for the program by Friday May 22!

