

Simply Fit

with

Semper Fit



This is a 6 week weight loss competition. Workouts will take place at the fitness center or racquetball court on Tuesdays and Thursdays from 5-6 p.m. starting January 29. Every member of each 4 person team must weigh in at Daniels Fitness Center on Tuesdays. Weekly emails will be sent out to announce the weight loss winners. Final weigh ins are March 12. There will be a ceremony to present prizes to the top 3 teams on March 15.

All registration forms must be completed and turned in by January 21 to participate.

For more information call Whitney Hendrix or Sam Mosely
at (229) 639-6234