



# **NO** *excuses* *November*

## **Group Exercise Incentive**

Here is the chance to commit to your fitness and wellness with no excuses for 30 days. Earn daily/weekly points throughout the month of November and win prizes!

Complete up to 3 strength workouts a week (BodyPump or Core)

Complete up to 3 cardio workouts a week (BodyStep, RPM, BodyCombat, Sprint, Water Fitness or Zumba)

Complete up to 2 days of flexibility training a week (Yoga or BodyFlow)

Fill out a weekly gratitude card

Bring a friend with you to class (Free guest passes for your friends visits)

**Bonus points for attending the Pre and Post Turkey Day Workouts!**

**Starts Tuesday, November 1st. Sign up will take place in the Group Ex. Room**

**Register yourself and we will get you a personalized November calendar to keep track of your workouts, find gratitude, stay healthy and invite your friends to join in on the fun.**

For more information contact Sage Frane @ 563-2656