

READY. SET. WINTER CHALLENGE

JANUARY 15 - MARCH 10, 2024

Take REP ROOM Classes! Burn Calories & Fat! Get Strong! Win Cash!

HOW IT WORKS:

1. Sign up for the challenge by using the sign sheet located in REP ROOM or email Sarah Vecchio, svecchio@bodyzonesports.com
2. Pay a \$10 cash pot/challenge entry fee at Guest Services.
3. Get an InBody body composition screening (to measure body fat and weight) during the first and last weeks of the challenge.
4. You must take a minimum of SIX classes (you're encouraged to take 16 REP ROOM classes within this challenge, but not required.) For best results, attend two-three REP ROOM classes per week.

WIN!

- The top male and top female will split the cash pot based on highest percentage of body fat change.
- Additionally, we're giving away a REP ROOM class 10-pack to the challenge participant who's taken the most REP ROOM classes.



REP  ROOM

BODYTM
ZONE
Sports and Wellness Complex