

READY. SET. WINTER CHALLENGE

JANUARY 13 - MARCH 21, 2025

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

HOW IT WORKS:

- Sign up for the challenge by using the sign sheet located in REP ROOM or email Sarah Vecchio, svecchio@bodyzonesports.com
- Pay a \$10 cash pot/challenge entry fee at Guest Services.
- Get an InBody body composition screening (to measure body fat and weight) during the first and last weeks of the challenge.
- 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

BODY[™]
ZONE
Sports and Wellness Complex