

WC Fit NCK Wellness Center: Group Exercise Challenge

Rules & Regs:

-Participants must participate in any 12 Group Exercise Classes at the WC from January 16th thru February 10th.

(Regular Class Fees apply: Free for year In Full Members, \$10/mo. for Monthly Members)

-Participants must complete the 5 challenges listed below in addition to the 12 classes (15 classes total + 2 W&M sessions):

1. 1 Aqua Class at the WC
2. 1 Zumba Class at the WC
3. 1 Early Morning Class at the WC
(includes Cardio Craze, Total Body Conditioning, AM Xtreme, Dual Blast, & Energize w/ CSI)
4. Weigh & measure session between January 16-20th.
5. Weigh & measure session between February 13-17th.

-Participants must have the Class Instructor DATE & INITIAL a box on their Class Card after participating in the instructor's class.

-Weigh and measure sessions must be scheduled with Lori or Janea. The same person must weigh and measure you before and after the challenge.

-First 30 NCKWC members to pick up a class card at the front desk are FREE: cards cost \$15 after the first 30 are gone.

-Members can purchase a Class Card at the Front Desk any time during the 1st week of the challenge.

-Members must turn in their completed Class Card at their final weigh and measure session, February 13-17th.

-All participants who complete the challenge by taking any 12 WC classes AND completing all 5 challenges will receive a WC Fit tank.

And for your friends... January 16th-31st
Non-members can take unlimited group
exercise classes for \$20.

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