

# 12 Days of Fitness- Starting December 3rd

A fun and exciting way to try a variety of equipment in the fitness area.

## Description

The program will run for 12 days, (Monday through Friday only) from December 3-18, 2018.

Each day, a new workout will be posted in the fitness center; the workout will consist of **4 or 5 exercises** that range from cardio machines to weight equipment, the equipment being used on the day of the workout will also be marked with Candy Canes.

The daily workouts are designed to move you around the fitness center and get you to try equipment you may not usually use. You may find the perfect exercise or piece of equipment you had never thought of trying.

## Getting Started

You will start by picking up your workout card from the fitness desk on the first day of the program, December 3rd.

Please fill out the card with your name, phone number, and email address.

If the workout includes equipment you are unfamiliar with, the fitness specialist will be happy to assist you.

The workout will be posted each morning, and will be taken down at closing each night.

Once the workout has been completed you will bring your

workout card to the fitness specialist and they will initial your card for verification.

Workouts are NOT allowed to be made up on any other day.

**PRIZES To Be Announced for the following workouts:**

5 workouts

10 Workouts

12 Workouts