



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GET MOTIVATED REACH YOUR GOALS GET & STAY FIT

## 2012 FITNESS REVOLUTION

**Commit to exercising for  
30, 60, 90 or 120 minutes  
3 times a week for 6 weeks and be  
entered to win a prize!**

- ◆ BEGINS: January 30
- ◆ ENDS: March 11
- ◆ **Registration Deadline:**  
**Friday, JANUARY 27th!**
- ◆ Registration Forms Available at  
the Front & Wellness Desks

