



Build'n Frosty Through Fitness

Nov. 17- Dec. 19

How to Build a Snowman!

- * Experience 12 of our wonderful Group Exercise Classes, every class you attend gets you one eye, button, arm, etc. closer to a complete Snowman.

Rules:

- * Only one class a day counts towards your snowman.
- * You have 5 weeks to complete your snowman.
- * Make up of a snowman: Bottom, middle, head, hat, 2 eyes, 1 nose, 1 mouth, 2 arms and 2 buttons(12 classes).
- * Must attend at least 45 minutes of class.

Prizes:

- * The participants with the completed snowman at the end of the 5 weeks will have their names placed in a drawing with a chance to win:

Fleece blanket & mug

Fitness bag & certificate to Starbucks

Emergency Snow Kit