



# **Build'n Frosty Through Fitness**

**Nov. 23-Dec. 18**

## How to Build a Snowman!

- \* Experience 9 of our wonderful Group Exercise Classes, every class you attend gets you one eye, hat, arm, etc. closer to a complete Snowman.

## Rules:

- \* Only one class a day counts towards your snowman.
- \* You have 4 weeks to complete your snowman.
- \* Make up of a snowman: Bottom, middle, head, hat, eyes, 1 nose, 1 mouth and 2 arms. ( 9 classes).
- \* Must attend at least 45 minutes of class.

## Prizes:

- \* The participants with the completed snowman at the end of the 4 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**