

Be Well Incentive Program Nimkee Fitness Center

An incentive program for YOUR busy hectic life! YOU choose how many weeks to commit; YOU choose which themed week to commit to; YOU choose where to complete this challenge (it does not need to be in the Fitness Center).

Week 1 Nov. 24-Nov. 28::Gobble Gobble, Lot's of Fruits & Veggies

Week 2 Dec.1-5::Keep Warm with Cardio

Week 3 Dec.8-12:: End the Year Strong-Strength Train

Week 4 Dec. 15-19::Release Stress/Be Happy

End 2014 with Happiness, Strength and Wellbeing!

More info:email Jayme Green