

JULIE'S FITNESS STUDIO PRESENTS:



8 Week Challenge includes:

- Grand Prize for most % of weight lost
- Grand Prize for most inches lost
- Grand Prize for most points won
- Weekly prize for most points won (see Julie for point details)
- Coaching
- Beginning and ending weigh-ins & measuring
- **3 Free spin classes for you and a friend**



Grand Prizes:

- **3 month membership**
- **Free Personal Training Session**
- **\$25 Kroger gift card**
- **Julie's Fitness Studio water bottle**
- **Same person can only win 1 grand prize**
- **Prizes split if multiple winners.**



Sept. 23rd – Nov. 18th

**Registration & weigh-
in Sept. 23rd
8:00am – 12:00pm**

\$50 Entry Fee

**Must be a member
during the Challenge**

**Final weigh-in Nov. 18
Time TBA**

JULIE'S FITNESS STUDIO

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Whitehouse OH 43571
419-350-7426

www.juliesfitstudio.com

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