



CHALLENGE '21: COMMIT TO GET FIT RULES, FEES AND PRIZES

Challenge '21 is our 30 day Fitness and Weight Loss Challenge, open to all Kroc Members and Nonmembers ages 18 and older. Nonmembers who participate in Challenge '21 will receive free membership to Kroc Greenville from January 11 - February 9 (Kroc Tennis excluded).

Challenge '21 offers two components:

1) In the Fitness Challenge, the objective is to participate in as many group fitness classes as you can in 30 days.

Each class is worth 5 points.

The person who earns the most points will be the winner!

2) As an add-on, participants can participate in a Weight Loss Challenge.

During the first 3 days of the challenge, participants will meet with a personal trainer to have baseline measurements recorded. These metrics will include, weight, body fat %, BMI and waist circumference.

These metrics will be taken and recorded a second time on the last day of the challenge. The person who loses the most will be the winner!

The fee is \$15/person to register in Challenge '21. All fees collected will be split 50/50 and awarded to the first place winner of the Fitness Challenge and the first place winner of the Weight Loss Challenge via a Mastercard or VISA giftcard. In the event of a tie, a winner will be randomly drawn from the winning contestants.

Second place winners in each category will win 5 FREE personal training sessions!

REGISTER TODAY by visiting www.krocgreenville.org

