



SUMMER BODY CHALLENGE PHASE III

"THE FINISH LINE IS JUST THE BEGINNING"

PROGRAM STARTS 5/2/16

SIGN UP NOW!

LIMITED SPACE/REG. ENDS MAY. 2ND

ENTRY FEE ONLY

\$199

BRING A FRIEND & YOU'LL
BOTH SAVE \$10

✓ TRAIN AS A TEAM, 60 MINUTES A
DAY, 3 TIMES A WEEK FOR 12
WEEKS
LOSE WEIGHT
BURN FAT
DROP INCHES
BUILD STRENGTH & STAMINA

✓ WEEKLY WEIGH IN
NUTRITIONAL INFORMATION
AND TIPS

✓ ASSIGNED TEAMS

✓ MINI CHALLENGES

**BONUS: CHALLENGE ENTRY FEE
INCLUDES ZERO TO 5K RACE.**

PRIZES FOR ZERO TO 5K RACE:

- MEDALS
- T-SHIRT

**CALL FOR MORE INFORMATION
708-996-4088**

MATTESON COMMUNITY CENTER, 20642 MATTESON AVE. MATTESON IL 60443
708-441-4500 | WWW.MATTESONCOMMUNITYCENTER.COM