



6-Week Holiday R.I. P.P.E.D. Challenge 2018 is back!

Lose the most overall body inches in 6 weeks and WIN!

Must attend all 20 required Group Exercise classes in order to be eligible to win (weight or body fat % will not be measured, only inches).

Gather your friends and let's all get R.I.P.P.E.D.!

Begins: Saturday, November 3rd 2018

Ends: Saturday, December 15th, 2018

**Who: Members, Nonmembers, Employees,
Everyone!!**

Registration: Begins Monday, October 8th at the Front Desk at EastSide Centre.

Cost:

***Members: \$30.00**

***Non-members: \$60.00 (includes Group Ex Punch Card)**



Rules:

1. All participants MUST be measured by Saturday, November 3rd, the day the Challenge begins.
 - a. Specific measuring day/times will be posted. Hips, butt, waist, thigh, arm, and chest. These measurements will be recorded and kept private at EastSide.
2. All R.I.P.P.E.D. Challenge participants will receive 1 complimentary GROUP Fitness Training session with an EastSide Centre Certified Personal Trainer! Training dates/times will be posted.
3. All participants must show proof of attending the required 20 Group Exercise classes by the Challenge ending date, December 15th, 2018. Instructors will initial Challenge cards for classes attended.
4. All Participants must be re-measured between December 15th and December 23rd, 2018. Specific measuring day/times will be posted.
5. The participant that loses the most total overall body inches will be the winner.
6. In case of a tie, the participants will be given 2 more weeks and then remeasured.



Good Luck to ALL!! Let's get R.I.P.P.E.D.ified!

Feel free to contact Barbie Tiesman with any questions at 309-427-7774 or barbietiesman@cityofeastpeoria.com

Like the EastSide Centre Facebook page and check out www.eastsidecentre.com for more information.