



2019 Get Your Self Off the Shelf Wellness Challenge

Lose the **MOST PERCENTAGE OF BODY WEIGHT** within the **10 weeks** and

WIN 1-YEAR FREE MEMBERSHIP!!!

There will be 2 overall winners: One male and one female!

- When:** 10 consecutive weeks
January 13th through March 24th, 2019 (choose one session)
Session 1: Tuesdays at 9:45am and Thursdays at 10:45am
Session 2: Wednesday at 6:45pm and Sundays at 2:30pm
- Who:** ESC members and guests ages 12 and up
- Where:** EastSide Fitness Centre
- What:** A Fitness/Wellness Challenge that involves 20 Group Training Sessions with an EastSide Personal Trainer. Nutrition information and guidelines will be included for the ultimate success. Group Exercise Classes will be included as well.
- Cost:** Members: \$200.00/participant
Non-Members: \$275.00/participant plus \$30 for a Group Exercise Class Punch Cards (cheaper to become a member)



Challenge Rules: Participants must complete at least 18 out of the 20 Group Training sessions and all 10 required Group Exercise Classes within the allotted 10 weeks (a challenge card will be given to each participant from an ESC personal trainer, similar to the RIPPED Challenge). The one male and the one female participant who loses the highest percentage of body weight will WIN!

Participants will be pre-weighed before start date of January 13th and the post-weighed after ending date of March 24th.

In case of a tie, participants will be given 2 more weeks and then re- weighed.

Minimum: 5 participants per Session.

Maximum: 10 Participants per Session.

More Sessions will be added, if needed. Sessions are first come first serve.

Days/times will be adjusted to fit the needs of the registered participants based on majority rules.

Register NOW at the front desk at EastSide Centre.

Contact Barbie Tiesman for more information (309) 427-7774

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