



12 DAYS OF FITMAS!!

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6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		



JOIN US FOR OUR ANNUAL 12 DAYS OF FITMAS AND SLEIGH YOUR WELLNESS GOALS THROUGH THE HOLIDAYS!

- Fill in your classes and/or your workouts for the whole month (Fitness on Demand, live, PT session, or your own freestyle workout)
- For extra accountability have your instructor, trainer, or one of our front desk teammates initial each class/workout you complete.
- Receive 12 initials on 12 different days and be entered into a drawing for a \$25 gift card!
- You can receive a virtual "initial" by e-mailing eclarke@standrewsfitness.com after you've completed a Fitness on Demand workout.

