



WINTER WONDER WELLNESS CHALLENGE

S M T W T F S

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|----|----|----|----|----|----|----|
| | | | | 1 | 2 | 3 |
| 4 | 5 | 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 |

EXPERIENCE THE WINTER WONDER OF DAILY MOVEMENT & MEDITATION

- Fill in your classes, small group sessions, PT sessions, and/or your own workouts/meditation sessions after you finish them (**have to last at least 15 minutes and they do not have to be completed inside the facility to count!**)
- Have your instructor, trainer, or one of our front desk teammates initial each class/session/workout/meditation you finish.
- **Receive 12 initials** = 1 entry into the drawing for a \$50 Amazon gift card.
- **Receive 24 initials** = 2 entries into the drawing for a \$50 Amazon gift card.
- **Receive more than 24 initials** = 3 entries into the drawing for a \$50 Amazon gift card.
- Challenge ends on December 31st.
- **All calendars must be submitted by 01/06/2023!**