

# MAINTAIN DON'T GAIN

## Holiday Fitness Challenge

### PROGRAM DATES:

- Weigh in week of Oct. 26-30
- Weigh out week of Jan.4-8

### PROGRAM INCLUDES:

- Wellness seminars
- Off site events
- Long sleeve t-shirt

### FEES:

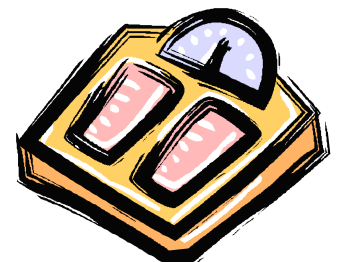
- \$20 without an Activity Partner #17962
- \$40 with an Activity Partner #17963

**The holiday season  
is just around  
the corner!  
Curb those  
holiday pounds.  
Make your  
goal this winter  
to **maintain** or  
**reduce** your  
current **weight**.**

**GRAND PRIZES WILL BE AWARDED TO THE  
TOP THREE ACHIEVERS**

**REGISTER AT THE  
PROGRAM REGISTRATION DESK  
BY OCTOBER 25th**

**For more information, please contact  
Yvette Hassell 404-267-4840**



# REGISTRATION FORM

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Name: \_\_\_\_\_

Phone#: (H) \_\_\_\_\_ (W) \_\_\_\_\_

E-mail: \_\_\_\_\_

T-shirt size (Please circle) S M L XL XXL

Activity Partner? Yes No

Will you be attending any of the special seminars or classes?  
Yes No

## FOR OFFICE USE ONLY

WITH Activity Partner #17963

WITHOUT Activity Partner #17962

Receipt # \_\_\_\_\_

Weigh-in: \_\_\_\_\_ Date: \_\_\_\_\_

Weigh-out: \_\_\_\_\_ Date: \_\_\_\_\_

# of Workouts \_\_\_\_\_

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