

Classes include:

Silver Sneakers

Basketball

Weight Training

Body Works Gym

Cooking Classes

Nutrition Education

Couch to 5K

Running/Walking

Boot Camp

Tennis Clinic

Yoga/Beginner Yoga

Shao Lin Do Kung Fu

# Grant County's

# BIGGEST WINNER Challenge

Fitness For Life Around Grant County and partners are providing fitness and health education classes. The classes will begin April 2, 2018 and finish on April 28, 2018. Take a stand for your health today and join us, as you could be

## “Grant County’s Biggest Winner!”

Step 1:

### Registration

▪ Grant County Extension Office  
105 Baton Rouge Rd. Williamstown  
Thursday, March 29, 2018  
10 am—1 pm & 3 pm—7 pm

*\*\$100 prizes to the participant with “Most Weight Lost”, “Highest % Body Fat Lost”, and “Most Classes Attended”.*

*\*\$250 prize to the “Overall Winner.”*

*\*Must attend final weigh in to qualify for prizes and be eligible for \$50 drawing.*

Step 2:

**Get up! Get out! Get moving! Attend a class! Try new activities! Breathe some fresh air! Enhance your quality of life AND YOUR HEALTH!**

*\*At registration you will receive a calendar for the entire four weeks. You will be able to attend a variety of classes plus attend Body Works Gym.*

*Registration costs \$10 for individual and \$20 for two or more immediate family members.*

Step 3:

**Final Weigh In will be Tuesday, May 1<sup>st</sup>, 4 —7 pm at the Grant County Extension Office**

*Register your group or business for \$25!*

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For more information contact:

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Find us on Facebook!

[www.facebook.com/pages/Fitness-For-Life-Around-Grant-County](https://www.facebook.com/pages/Fitness-For-Life-Around-Grant-County)

<https://www.fitnessforlifegc.com>