



45 DAY CHALLENGE

**SIGN UP
TODAY**

Reach your Goals
Community Page/Events
Unlimited Classes
Nutritional Seminar
Group Trainings
Personal Training
Cash Prizes
Party



360-799-1069

Registration

\$50

IF PAID BY JAN. 15TH



45 DAY CHALLENGE



FIRST AND LAST NAME: _____

AGE: _____ **TEE SHIRT SIZE:** _____ **MEMBER OF JB FITNESS:** Y N__

EMAIL: _____ **PHONE #:** _____

DO YOU HAVE A TRAINER PREFERENCE: _____

YOUR PERSONAL GOAL: _____

I UNDERSTAND THAT I AM EXPECTED TO WORK AT LEAST ONE HOUR A WEEK (\$75.00) WITH A JB FITNESS CERTIFIED PERSONAL TRAINER, ATTEND THE ORIENTATION KICK OFF AND NUTRITION CLASS IN PERSON OR ON ZOOM TO QUALIFY FOR PRIZES.

SIGNATURE: _____ **PAID:** ____ **STAFF INITIALS** ____

\$50 ENROLLMENT (UNLIMITED CLASSES, WORKSHOPS) _____

\$50/ AND TRAINING (INBODY ANALYSIS AND IN THE RUNNING FOR PRIZES) _____

CONTEST PERIOD: JANUARY 19TH- MARCH 4TH, 2024

JB FITNESS 501 MAIN ST SULTAN WA 98294 360-799-1069 JBFITNESS@COMCAST.NET

KEY DATES:

KICK OFF ORIENTATION AND NUTRITION SEMINAR JANUARY 19TH FROM 6PM-8PM

FIRST SATURDAY MORNING TEAM WORKOUT JANUARY 20TH 9:00AM

CHALLENGE ENDS MARCH 4TH

CELEBRATORY AWARDS POTLUCK MARCH 8TH (TBD) PLAN ON BRINGING YOUR FAVORITE HEALTHY DISH 😊

BENEFITS:

NUTRITIONAL GUIDANCE AND INFORMATIONAL WORKSHOPS

SUPPORTIVE TEAM

VARIETY OF WAYS TO GET ACTIVE, UNLIMITED CLASSES, AND SATURDAY MORNING WORKOUTS.

WEEKLY INBODY BODY FAT ANALYSIS

CASH PRIZES \$\$\$

PRIVATE FACEBOOK GROUP

FREE TEE SHIRT

COST: EARLY BIRD SPECIAL BEFORE JANUARY 15TH \$50.00 AFTER JANUARY 16TH \$75.00

WHO: JB FITNESS MEMBERS WANTING TO DEVELOP HEALTHY HABITS WORKING TOWARDS THEIR FITNESS GOALS.

WHAT: A FITNESS COMPETITION THAT AIMS TO BUILD COMMUNITY AND CREATE ACCOUNTABILITY FOR REACHING HEALTH AND FITNESS GOALS BY FORMING HEALTHY HABITS.

WHEN: JANUARY 16TH, 2024

WHERE: JB FITNESS

WHY: GETTING HEALTHY CAN BE FUN! HEALTHY COMPETITION CAN INSPIRE AND HELP YOU GET GEARED UP AND GO. JB FITNESS 45-DAY CHALLENGE OFFERS A SPECIFIC TIME FRAME DESIGNED TO HELP YOU REACH YOUR FITNESS GOALS BY PROVIDING A FUN, SUPPORTIVE ENVIRONMENT. PARTICIPANTS CAN WIN CASH PRIZES.