

The Annual



Winter Challenge 2012!

Join Forest Hill Health and Fitness for the best way to start off the New Year... a 10 week challenge to be the fittest you can be!

Participant Information

Start Date: January 15

End Date: March 25

- ❄ 3 Weigh-In/Body Composition Check Points listed below
- ❄ Basic Nutrition/Injury Prevention Seminar
(Sunday, January 22, 10am-11am)
- ❄ FHHF 2012 Winter Challenge Shirt
- ❄ Team Coach to support you during the challenge (new this year...more details to come!!)
- ❄ Fee- \$25 for members
\$99 non-members (includes 10 week gym membership)

Prizes will be awarded to the three individuals losing the greatest percentage of body fat.

Weigh In/Body Composition Tests Dates:

INITIAL

Friday, January 13
2pm-3pm
Saturday, January 14
9am-10am
Sunday, January 15
8am-9am

MID

Friday, February 17
2pm-3pm
Saturday, February 18
9am-10am
Sunday, February 19
8am-9am

FINAL

Friday, March 23 2pm-3pm
Saturday, March 24
9am-10am
Sunday, March 25
8am-9am