



FITNESS CHALLENGE

FEBRUARY 2017

Name _____

Phone Number _____

Email _____

Home Address _____

My fitness goals are: _____

The CGLC 2017 Fitness Challenge hopes to support you in your fitness goals with:

- Initial weigh-in and fitness assessment
- Weekly weigh-in and fitness assessments throughout challenge
- Classes, events, and activities that will aid YOU in arming yourself with knowledge
- Education to expand YOUR knowledge
- A points system that rewards participants for not only weight loss, but also involvement in classes
- Support, resources, motivation, and fun!
- Prizes awarded in categories of points total, weight loss, and percent of total inches lost

CHALLENGE PERIOD IS 2/1/2017 – 2/28/2107

REGISTRATION DEADLINE IS 2/1/2017

INITIAL ASSESMENTS AVAILABLE 1/29/2017 & 2/1/2017 AT 5PM

WINNERS ANNOUNCED 3/2/2017

Entry Fees: CGLC Member \$10 Non-Member \$40 *must pay by 2/1/2017 to participate

Total: _____ CASH OR CHECK *payable to Council Grove Life Center

In consideration of Council Grove Life Center, accepting to participate in this activity, I, for myself, my heirs, estate, personal representatives, assigns and for any minors for whom I am signing, do hereby release and discharge Council Grove Life Center, Inc., its officers, directors, employees, and agents from any and all actions, causes of action, claims, damages, demands, costs, expenses, and compensation of any kind or nature on account or in any manner arising out of a loss damage or injuries sustained by me or my property, or by the minor for whom I am signing.

I am aware of the risks and dangers inherent within the activities which I and/or my family, including minor children, will be participating in at/through Council Grove Life Center, and acknowledge that I/we are fully capable of participating in such activities, I willingly assume the risk of any and all injury to my person or property that may be sustained in connection with such activities.

Signature _____

Date _____