

Enter  
for a chance  
to **WIN** a  
**Fitbit!!!**

**COLONIAL FITNESS**  
**FLYING HILLS FITNESS**  
racquetball & fitness centers

30 DAY CHALLENGE  
**STARTS**  
**FEB.**  
**1<sup>ST</sup>**

**REGISTER**  
**NOW**

# Healthy Heart Challenge

**Track your cardio fitness while  
improving your heart health**

Over the course of the month you will track your cardio minutes as you improve your heart health. We will conduct a heart fitness test at the start and finish of the challenge to see your improvement.

To be entered to win the Fitbit Inspire HR tickets will be awarded per session.

Other prizes to be awarded in various categories.

Challenge runs February 1st through March 1st.

To sign up visit the front desk. Entry fee is \$10



 fitbit