



12 Week Challenge runs April 3- June 22 - \$125

INCLUDES:

Two weekly workouts Monday & Thursday 5-6 p.m. at Oregon Park District

Built in support system and workouts are doable for all fitness levels

Weekly Weigh-In

Nutritional Coaching with Certified Personal Trainer Jamie Buck

Motivation and Training to complete a 5K at the end of the program

T-shirt provided to all participants that complete the contest

Weekly prizes for various incentives and challenges

Two Grand Prizes at the end for highest percentage of weight

loss for one male and one female

**REGISTRATION NOW OPEN
AT OREGON PARK DISTRICT
815.732.3101**

Must be 18 years old to participate.

Workouts are scalable and geared for beginning functional training.

PROVEN RESULTS: Past participants have lost up to 24% of their body weight and most lost at least 10%. Registration deadline March 29th.

