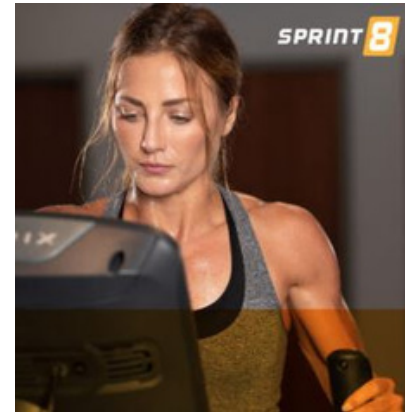




MAXIMUM RESULTS.
MINIMUM TIME.

SPRINT 8 CHALLENGE
JANUARY 22 - MARCH 18



Are you looking for a new way to build muscle, burn fat and improve your health? Then join the 8 week Sprint 8 challenge!

The Sprint 8 workout is an optimized intensity-based training program. If you are intimidated by the word sprint, don't worry, all fitness levels are encouraged to take this challenge and the program is available on a variety of equipment to meet your individual needs. The workout consists of a 3 minute warm-up, followed by intervals of 30 seconds maximum effort, 90 seconds recovery repeated 8 times with a 2 minute cooldown for a total of 20 MINUTES!

The benefits of this science backed program are increased production of your natural HGH (human growth hormone), decreased body fat, increased muscle, increased energy, improved heart health, and increased metabolism. The beauty of this maximal result workout is that it only takes 20 minutes, 3 times per week.

There will be prizes and incentives throughout the challenge and a grand prize winner upon successful completion of the 8 week challenge.

Are you ready to get in the best shape of your life? Join us for this FREE challenge and REGISTER now!

HOW WILL I TRACK MY PROGRESS?

- Track your progress with a Myzone monitors! Monitor will be available for use for FREE for all Members for the duration of the challenge! Please see Carrie Mathwig, Healthy Living Director to get your monitor.
- There are a limited quantity of monitors available. Please contact Carrie ASAP to get yours.

HOW DO I GET STARTED?

- Register for FREE at www.ymca-cv.org/specialtyfitness
- Weigh-in on our scale and report your starting weight and body fat percentage. This scale will be located in the Cardio room. See Wellness Coach for your weigh-in sheet and how to use the scale. Turn your sheet into the Wellness Coach after your initial weigh-in. It will be available to you again for your weigh-out. The weigh-in and weigh-out process will be on your honor.
- Contact Carrie Mathwig to get your FREE MyZone Monitor to use during the challenge!

**FREE TO PARTICIPATE & FREE MYZONE
MONITOR DURING CHALLENGE!**

