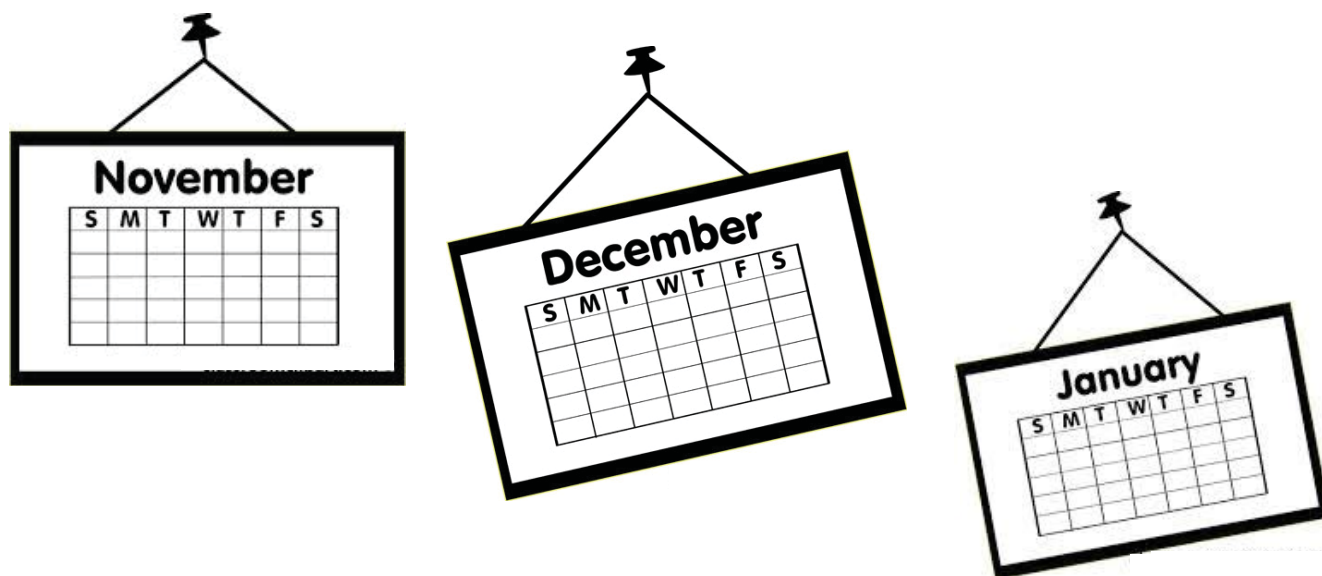


60-Day Personal Training Challenge



60-day Personal Training Challenge

We want to help you stay on track with your fitness goals during the busy holiday season. Stick to your personal training schedule – you'll arrive in the New Year feeling great for having done it, and we'll reward your effort!

Challenge Dates: *November 23 - January 23*

To register for the challenge, simply put your name in the 60-day Personal Training Challenge binder at the Fitness Desk.

Challenge Details:

- Complete **9** sessions, receive a **free ½ hour** session.
- Complete **18** sessions, receive a **free 1-hour** session.
- Complete **24** sessions, receive **1.5 hours of free** training!
- Sessions can be ½ hour or 1 hour – both count as “1” toward your completion total.
- Sessions with any trainer(s) count toward your total.
- Cancelled sessions do not count.
- Free sessions will be added to your account in February, 2016.

For more information, please contact Amy Beck, Personal Training Manager at
ABeck@SwedishCovenant.org or 773-878-9936, ext. 7318.