

Fit4Fall Team Summer Challenge!



~Teacher Edition~

8 Week Program

June 18th- August 11th

Teachers compete in teams of 5 (minimum) representing the same school.
Team with the most points earned at the end of 8 weeks WINS!

Point based system versus a scale based system.
Earn points for workouts, nutrition goals and accountability,
homework assignments, team challenges, etc....

4 Team workout sessions offered per week

Monday 10am-11am

Tuesday 6am-7am

Wednesday 5pm-6pm

(One weekday workout required)

Saturday- Team Challenge Day!

Open Gym & Group Exercise Classes Included

Cost: \$250 per person

PRIZE:

Winning team receives \$750 donation to their choice
School PTO, Physical Education Dept or Teachers Grant Foundation

Register at www.empowertrainingsystems.com

Contact Carla Beam for more info/questions at
717.333.6189 or southernfitchick@yahoo.com