

45 DAY
CHALLENGE



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HAPPY NEW YOU

FITNESS CHALLENGE

2024

The Alan Cox Fitness Center (former Wellness Center) will be hosting a Fitness Challenge from January 16, 2024 to February 29, 2024. Join your fellow co-workers in a friendly competition to lose the most weight and feel good about yourself.

Come by the Alan Cox Fitness Center on **Tuesday, January 16, 2024** from 1 p.m. to 5:30 p.m. to weigh-in. We're located behind Lively Technical College, 500 N. Appleyard Dr. Bldg. 6. Wear light fitting clothing.

Final weigh-in will be on **Thursday, February 29, 2024** from 1 p.m. to 5:30 p.m. You should wear the same attire at the final weigh-in.

Winner(s) will be determined by percentage of weight loss

Prizes will be given to 1st, 2nd, and 3rd place winners!

If you have never been to the Fitness Center we provide a comfortable and clean environment for all our employees. We have a full range of the latest cardio equipment, free weights, circuit training, spin bikes, and a multi-purpose room. We also have large screen TV's and smartphone connections.

If you have any questions or would like to participate please call Bobbie Manguso at the Fitness Center (850) 487-7662 or email Mangusob@leonschools.net

