



Active Lifestyle Challenge

Participants Wanted!

WE'RE LOOKING FOR PEOPLE WHO...

- Are ages 17-80
- Do not currently exercise on a regular basis
- Non-member of Greenville Aquatics & Fitness Center
- Willing to participate in a pre & post fitness profile
- Follow an 8-week training program, working out 3+ times per week (includes one 1-hour FREE personal training session weekly)

Program Dates: February 1-March 25

Orientation Dates: Wednesday, January 20; 6-7 pm

or

Saturday, January 23; 9-10 am

Program Goals: Weight Loss

Body Fat Reduction

Strength Gains

Cardio Endurance

PROGRAM FEES:

\$60 non-member, Greenville resident

\$90 non-member, non-City resident

Fees cover use of facility and all programs available under regular membership.

Participants successfully completing the Active Lifestyle Challenge requirements will receive an additional 8-weeks of membership FREE

SAVINGS:

- No application fee (\$50)
- 8-weeks additional membership (\$52)
- 8 1-hour personal training sessions (\$160)

