

Ithaca Teachers Association, Lansing Faculty Association & Journey Fitness  
Invites You to Participate in the

## 30 Day Team Building Fitness



## Challenge!



### Here's how it works:

- Pick a team of 2 to 4 coworkers
- List your team members on the back of this sheet
- The registration fee for each individual team member is \$30. Check(s) should be made out to Journey Fitness. The registration September 22nd
- Follow the challenge timeline as listed on the back of this sheet, with the challenge running from **Monday September 24<sup>th</sup> – October 27<sup>th</sup>**
- During this time, you will have access to each Journey Fitness location (excluding Hilliard), and be able to work out during any of their group personal training sessions. Sessions are offered in the early morning, throughout the day, and in the evening. Teams do not have to work out together, and Journey Fitness will track your progress
- 2 chances to win. The team that has the largest percentage of body weight lost and the TEAM with the most attendance will be declared the Team Challenge Champions and will be announced on **October 27<sup>th</sup>** Each member of the winning teams will receive a free month at Journey Fitness and bragging rights!

**This is a great opportunity for team building within your business, healthy competition, experience all that Journey Fitness has to offer and to improve your health!**



# Registration Form & Details



## Timeline Details:

**September 22<sup>nd</sup>:** Last day to turn in teams and sign up for orientation. Please return this registration form and the registration fee (\$30 per individual team member) to Journey Fitness Ithaca by this date, with checks made out to Journey Fitness Then e-mail Logan Peters, [Logan.p@journeyfitnesscoaching.com](mailto:Logan.p@journeyfitnesscoaching.com), to schedule your orientation on a date/time of your choosing or at the orientation!

**September 22<sup>nd</sup>** Challenge participants are invited to attend an orientation session at Journey Fitness; 15 Catherwood, Ithaca NY on Saturday the 22<sup>nd</sup> at 10:15 a.m. Orientation will last about 45 minutes and provide an overview of the challenge and the program Journey Fitness offers to prepare you for the challenge that starts the following week. If you have not already completed your individual consultation prior to this date, you can do it at this orientation session. Attendance at the orientation session is not required in order to be part of the 30 day challenge."

**September 24<sup>th</sup> - October 27<sup>th</sup>:** Attend unlimited group training sessions at Journey Fitness (with locations in Horseheads, Corning, Sayre and Ithaca), and receive private weekly weigh ins, nutritional counseling, unlimited motivation and accountability by Journey Fitness coaches during this time. Teams do not have to work out together. Results will be tracked and updated weekly by Journey Fitness.

**October 27<sup>th</sup>:** Challenge Ends Saturday October 27<sup>th</sup> all Challenge participants are invited to attend the 9-10 a.m. Results and celebration of the challenge winner will be announced on day after the work out session at approximately 10:15 a.m.

## REGISTRATION

Team Name (if applicable): \_\_\_\_\_

Team Member Name	Phone Number	Email Address