



'Fall' into Success Challenge!



2021 ITA 'Fall' Into Success **30 Day Journey** challenge is here. Are you ready to get back into a fitness routine? Are you looking for an outlet to relieve some stress? Journey has the answer for you. Get the coaching, accountability and nutritional support you need to get back on track and in control of you physical and mental health and wellness.

Here's how it works:

- Sign up and start any day between October 20th through October 26th (This means you can choose your start date as long as it is between the 20th and 26th)
- When you start, you will have 30 Days to complete as many workouts as you would like per the Journey class schedule.
- For each workout you complete will earn a raffle ticket for a drawing of prizes to be held on November 29th.
- Attendance will be tracked through the Journey 333 app. You must be sure to check into your workouts prior to class or you may lose out on ticket entries.
- You can also earn raffles tickets for your weight loss success. For every 2.5% of body weight lost you will earn 1 raffle ticket. For example, if you weigh 200 pounds you'd have to lose 5lbs to earn one ticket.
- Weight loss will be tracked through the Journey 333 app. Weigh-ins must happen at Journey however. Weigh-ins from home will not count towards the additional raffle tickets. Virtual class participants can stop in around the classes to do quick weigh-ins.
- To sign up, receive a in-person or virtual orientation, be sure to Call/Text Logan Peters at (607)738-0812 or email at Logan.p@journeyfitnesscoachig.com
- **Virtual and In-person options are available!** If you are not ready to workout indoors yet, Journey has a full virtual option with live coaching. Same great Journey workouts right from the comfort of your home. Or you can choose to take advantage of doing both in-person and virtual classes to fit your schedule.

Journey safety protocols – All in-person classes at are mask optional per the NYS guidelines. All equipment is sanitized after usage and the facility is cleaned daily.