



## SPRING IT ON!!



2021 ITA **30 Day Journey** jump start challenge! 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 your health and wellness.

### Here's how it works:

- Sign up and start any day between May 10<sup>th</sup> through May 17<sup>th</sup> (This means you can choose your start date as long as it is between the 10<sup>th</sup> and 17<sup>th</sup>)
- 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 June 19<sup>th</sup>.
- 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 raffle 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 raffle tickets.
- To sign up, receive a in-person or virtual orientations, be sure to Call/Text Logan Peters at (607)738-0812 or email at [Logan.p@journeyfitnesscoachig.com](mailto: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 Journey require members to wear a mask when in the facility. All equipment is sanitized after usage and the facility is cleaned daily.