

Don't Let the Grinch Steal Your Fitness!



Information and Guidelines

- Participate in teams of 3 or participate solo.
- For teams or individuals wishing to maintain their weight, all participants must weigh-in before Thanksgiving. Weigh-in dates are November 22-24 or in the privacy of your own home on your own scale before Thanksgiving Day. Please send weights to anne@bfitnow.net. Exercise classes begin online November 29 Online and In-Person November 30.
- **Successful Participants will win a prize if they:**
 1. **Complete 100% of the workouts (Min 2 Per Week)**—if you miss you can make it up by doing 20 minutes of cardio, attend any other live class or the online-posted workouts on FB.
 2. **Maintain their weight within 5 lbs. as a team or 2 lbs. as an individual**
- Each Participant that signs up for LIVE Workouts must complete their workouts by attending our “Grinch” training sessions at the days and times listed below. If you miss a session you can make it up by doing the live-online at home routines, they will be live and remain posted to our FaceBook page.
- Participants will be required to sign-in at each exercise session on the “Grinch” sign-in sheet to ensure credit or post to Anne Hess on the Facebook page or e-mail her (anne@bfitnow.net) their completion of the workout.
- Each team member must weigh-out on the same scale they weighed-in on. Weigh-out dates are January 2 & 3. *Prizes given to those that maintain their weight and attend all workouts.* Prizes distributed the week of January 11th.
- You can participate online by doing the weekly posted FaceBook Live or Youtube workouts. Be sure you post your completion of workouts to our Grinch Facebook page and send a picture of before and after weigh-ins to Anne Hess.

SPECIAL NOTE: You Do Not Have To Weigh to Play!

You can do Workouts-Only Live or At Home!

Only those that participate in the full program will win a prize.

***Our Last In-Person Class at Adamstown will be Friday Dec 31**

and at Antietam Sat. Jan 1st.*

Workout Classes: 5-Weeks

- Tues. and Friday. from 5:30 – 6:30 AM at the Adamstown YMCA
- Tues. 6:30 PM and Saturday 7:30 AM at the Antietam Recreation Center
- Monday and Wednesday 6:00 -6:30 AM Online Via FaceBook Live
Starting November 29 and going to January 1, 2020.