

# MERRY FITNESS ANNUAL COMPETITION



## 6 Week Body Composition Challenge!

Are you tired of focusing on your weight?

Do you work hard on your fitness and still see the same number on the scale?

Let us help you check your fitness in a different “weigh!”

### How to Participate:

- Register at Muskogee Swim & Fitness Center.
- Gather a team of 3-5 participants.
- Choose a team name and Captain.
- Team Members check in within 2 weeks before November 18<sup>th</sup> between 6:00am and 7:00pm to get your initial Fitness Evaluation. This process could take about an hour so it would help to call ahead.

Prizes will be awarded:

“**Merriest Fitness**” Grand Prize for the team with the highest change in fitness level.

“**Individual Improvement**” **Male & Female** for the top individual in each gender based on the highest change in fitness level.

“**Most Spirited**” Team who gathers the most points throughout the 6-week challenge.

## Challenge begins November 18th!!

566 N. 6<sup>th</sup> Street, Muskogee, OK 74401

Questions? Call (918)684-6304