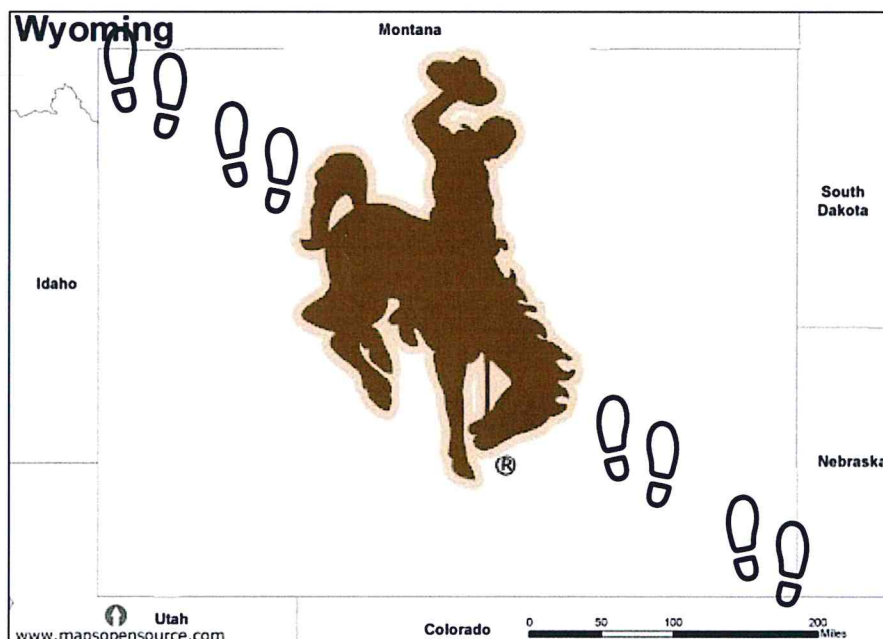


GET UP AND GET MOVING IN 2019!

Join us for our “WALK ACROSS WYOMING”
member challenge beginning January 28.

More information available at the front desk!



“WALK ACROSS WYOMING”

WELLNESS CHALLENGE

How It Works: It’s simple. You keep a record of the minutes you exercise each week on the tracking sheet provided. Turn it in to the front desk on a weekly basis. Each 15 minutes of exercise will be converted to 1 mile.

The Goal: Get active this winter and walk the total length of Wyoming (419 miles) between January 28 - April 21.

Tracking: Keep track of your progress by looking for your number (all participants will be given a number) on the map displayed in the lobby.

***The first male and female to complete the Challenge will receive a t-shirt and prize. All participants that complete the challenge will receive a t-shirt and be entered in a drawing for a one year single adult membership. Sign up at the front desk and**

GET ACTIVE THIS WINTER!



