



**ATTEND 4 SESSIONS  
TO BE ELIGIBLE TO WIN  
A PRIZE!!**

# **JANUARY FITNESS FRENZY**

**FOR GUSTAVUS EMPLOYEES**

**STARTS JANUARY 3**

**Pickleball**      **Yoga**  
**Movement Meditation**  
**Walking Club**  
**Pilates**      **Badminton**  
**TRX**      **Water Kayaking**  
**Paddleboarding**  
**Meditation**      **Pyramid**

**TOP PRIZE = PAIR OF  
ATHLETIC SHOES**



## **PRIZES**

ALL EMPLOYEES ARE  
ELIGIBLE WHO ATTEND A  
MINIMUM OF 4 SESSIONS  
\*SIGN-INS WILL BE REQUIRED\*

**Top Prize: Pair of Athletic Shoes**  
(Valued at \$180 or less)

**Additional Prizes:**  
**Yoga Mat + Journal**  
**Dumbbells + Bands**

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