

Twelve days of Fitness



Are you having trouble to continue your exercise routine through December?

**Do you need that extra push to make it through the Holidays?
TWELVE DAYS OF FITNESS MIGHT BE THE KEY FOR YOU!**

FREE to ALL members!

Sign up is necessary. You can do that in the Fitness Center

Your goal is to have at least 12 days of exercise from December 1st thru December 24th!

We track your attendance in a book and when your goal is reached you will get a price!

**For more information please contact
Ester Marsh 704-636-0111 ext 212 or
emarsh@rowanymca.org**