

# 2-Minute PUSH-UP CHALLENGE

February 1 - 28, 2025

A month  
long fitness  
incentive  
to earn  
bragging  
rights!

Sign up at the  
Fitness Center

Prize:  
\$25 Gift  
Card  
to Top  
Female & Male



- Fitness Staff will monitor the participants form and count repetitions to ensure proper execution is performed during the 2-minutes.
- The patron with the most reps will have their name posted on the bragging board for all to see. If and when another patron beats the reps on the bragging board, then their name will be posted on it and earn bragging rights.
- The patron whose name is on the board at the end of the challenge will be declared the winner.

For more information, call the Fitness Center at 961-3164.



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