

DECEMBER

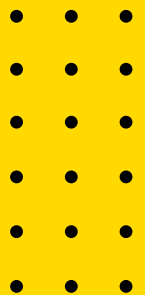


SQUAT CHALLENGE

December 1 - 31, 2024

Sign up at the E-Street Gym

Top Male and Female of each age category will get a fitness coin!



AGE CATEGORIES

Junior: 15-19

Senior: 20-34

Masters: 35-50

Masters: 51-64

Masters Plus: 65+

SQUAT GOALS!

Complete as many body weight reps as you can in:

Women: 2 minutes

Men: 3 minutes

Fitness staff will time the participants.



(361) 961-2401



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