



Windom Area
HEALTH & FITNESS

12-Week Weight Loss Challenge!

Sign up begins January 3
STARTS JANUARY 15
ENDS APRIL 13

FIRST PLACE*:

\$100 SCHEELS GIFT CARD
& One **FREE** Month Membership or
Fitness Center 10-Punch Card

RUNNER UP*:

FITNESS CENTER
10-PUNCH CARD

**Winners determined by greatest percentage of weight loss.*



Windom Area
HEALTH & FITNESS

\$55.00 +tax
Per Person.

WHAT DOES THAT GET YOU?

- ✓ Full use of our fitness facility for twelve complete weeks.
- ✓ Confidential weigh-ins.
- ✓ Courteous, friendly staff to help you reach your goals.
- ✓ Over \$41 in savings!

Let this be your gift to yourself
this holiday season!

QUESTIONS?

Call 831-0672 or stop
in anytime at the
Windom Area Hospital
Fitness Center.

FEEL
Awesome

LIVE HEALTHY. BE WELL.