

OPERATION: LOSE IT



This weight loss & fitness competition will help you drop those few extra, pesky pounds that are still hanging around from the holidays. **Cash Prizes** will be awarded for both points & % weight loss.

February 19 - April 1

Cost: \$10

Prizes:

- All participants receive a T-shirt or Water Bottle
 - **Cash Prize:** Person with the Most Points
- **Cash Prize:** Person with the Largest % Weight Lost

Earn Points By:

- Attending Group Fitness/Circuit Training Classes
- Personal Training Sessions
- Keeping a Food Journal
- Weekly Weigh Ins
- Completing Big Blue 101 Classes
- Weekly % Weight Loss

Owned and Operated by
Fargo Park District:



For more information:

Wayne Herrick

wherrick@courtsplus.org

CourtsPlus.org · 701.237.4805



Connect With Us:

