

CALORIE CHALLENGE

SUMMER PROGRAM



Stay motivated this summer by joining the Courts Plus Summer Program. Burn calories and earn prizes, the more you burn the better your chances of winning the \$250 grand prize or a weekly prize.

*****THE CHALLENGE*****

Burn 1,000 Calories/Week

July 16 - August 26

Cost: \$10

Grand Prize: \$250

- Track your calories burned or minutes of fitness activity.
 - All Fitness Activities Count, both inside and outside.
- **Receive Bonus Points:** Courts Plus Check-ins & Attending Classes.
 - Prize drawings every week.

Owned and Operated by
Fargo Park District:



Questions & Registration:

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Connect With Us:

