

OPERATION: LOSE IT



This weight loss & fitness challenge will help you drop those few extra pounds that are still hanging around from the holidays.

CASH PRIZES.

February 24 - April 5

Cost: \$10

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

Earn Points By:

- Attending Fitness Classes
- Personal Training Sessions
- Keeping a Food Journal
- Weekly Weigh Ins
- Completing Consult & Orientations
- Weekly % Weight Loss

Owned and Operated by
Fargo Park District:



For more information:
Wayne Herrick
wherrick@courtsplus.org

CourtsPlus.org · 701.237.4805



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