



SOUTH END FITNESS

6 WEEK CHALLENGE

STARTS 10/12/21

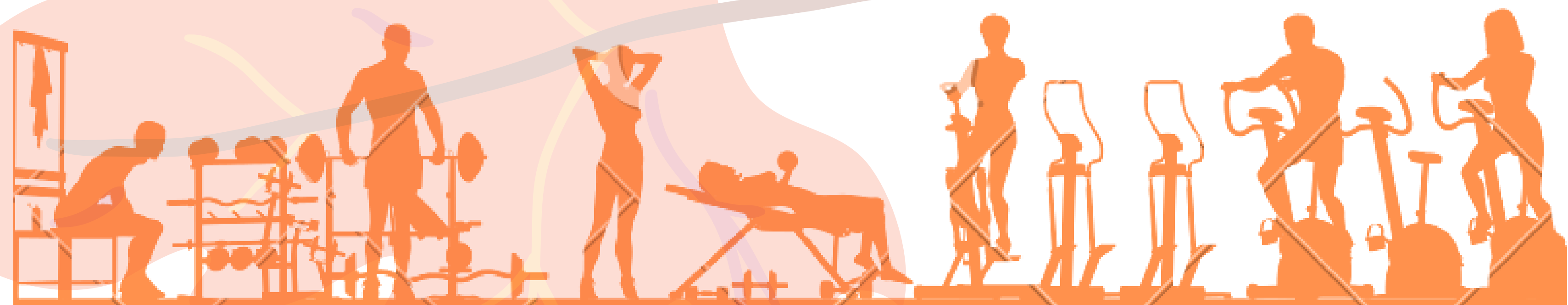
ENDS 11/21/21

FALL INTO FITNESS CHALLENGE

Win 1 Month Free Extension!!

WINNERS IN MULTIPLE CATEGORIES

Inquire & Register with any staff member



785 Albany Street | Garage Access 35 North Hampton st

FALL INTO FITNESS CHALLENGE

SOUTH END FITNESS

CHALLENGE PER WEEK MAX WEEK

WORKOUT = WK **25PTS** (4X) **100PTS**

BONUS WORKOUT = BWK* **20PTS** (3X) **60PTS**

8 GLASSES OF WATER = 8W **8PTS** (7X) **56PTS**

8 HOURS OF SLEEP = 8S **2PTS** (7X) **14PTS**

2 HOURS WITHOUT SOCIAL MEDIA = 2WSM* **5PTS** (7X) **35PTS**

HEALTHY SWAP = HS* **1PTS** (7X) **7PTS**

NEW HEALTHY FOOD = NHF* **1PTS** (7X) **7PTS**

CARDIO = CARDIO **20PTS** (7X) **140PTS**

BOSTON
PUBLIC
HEALTH
COMMISSION



South End Fitness Center