

Join us on \_\_\_\_\_\_\_\_\_ to find out how to participate in the **8 to Great challenge!**

You are to complete 6 baseline tests and you then train for 8 weeks. Then you will revisit the tests to see if you have improved!

(write info on speaker, sign ups)

It’s a great way to see your progress! Tackle those fitness goals!

You don’t want to miss out!

**8 TO GREAT CHALLENGE!**

**You have 8 weeks to be even fitter and stronger… think you can do it?**