

Ridge Fitness is challenging you & your family to get in the best shape of your life this summer! Workout 60 days at Ridge Fitness between June 1<sup>st</sup> and August 31<sup>st</sup> and get stronger, faster, more powerful & more flexible! Everyone in the family (ages 10 and up) is encouraged to participate!



# The Summer 60 Fitness Challenge

## Rules:

- 1) Set a bench mark! Do the following tests with a trainer in week 1:
  - Strength Test: As many pushups as you can do
  - Flexibility: Sit and reach test
  - Speed Test: Your fastest 1 mile run on a treadmill
  - Power: Broad Jump
- 2) Workout at least 60 times in the three months:
  - Track your workouts on the wall chart
  - Retest one test a week to follow progress
- 3) Reach your goals! Repeat all tests with a trainer in the last week.

## Winners:

- All participants that reach 60 days and increase results on all tests win! Everyone that wins, gets a Ridge Fitness Summer 60 shirt and will be entered in a drawing for the Grand Prize!
- Youth Grand prize will be drawn from all participants that complete the challenge that are under 18 y/o.

## Extras:

- Get a free coaching session from your Strength & Conditioning Coach
- Look for Workout plans from the Strength & Conditioning Coaches each week
- Group Exercise Classes will focus on helping you increase your scores.
- Watch for free Bonus Boot Camps once a week

**Member:** \$20 pp (\$25 pp after June 1st)

**Non Members:** *Individual* \$165 (\$180 after June 1st)  *Couple* \$280 (\$299 after June 1st)  *Family* \$365 (\$399 after June 1st)

## POWER



## STRENGTH



## SPEED



## FLEXIBILITY



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