

Monthly Fitness Challenge Rules

1. Pre Register at www.garnettrec.com under programs
2. Show on days that have * next to them. Email Sami Jo at reccenter@garnettks.net or sjpeine@garnettks.net to set up times between 6am and 7pm on those days
3. If not a member then have to pay \$3.00 daily fee.
4. Sami Jo will watch you do the amount of reps on the given day.
5. Come all six days and receive a free t-shirt.
6. OF COURSE sign up for the next months challenge!