

October 2018

Fall INTO FITNESS

WORLD GYM FALL FITNESS CHALLENGE



WHAT is the FALL FITNESS challenge?

The challenge is to do 20 club work outs in a 4-week period. All participants who meet the challenge will receive a little WORLD GYM “swag” as a bragging right! PLUS, every work out completed in the club is an entry into the drawing for valuable prizes.



WHEN is the challenge?

Monday, October 22nd through Tuesday, November 20th , 2018



WHERE is the challenge?

All work outs must be completed in one of our World Gym locations and tracked via our WORLD GYM mobile app. (You can track your actual workouts by entering them in manually, using xCapture, or linking to 3rd party apps like FITBIT, MY FITNESS PAL, JAWBONE, RUNKEEPER and NIKE). See challenge rules within the app.



HOW do I join?

Tap on the “Challenges” tile in your WORLD GYM app on your smart phone.* Select the “World Gym Fayette - FALL FITNESS CHALLENGE”. Hit JOIN. Stay in it to win it!



WHAT are the prizes?

Every club work out is an entry into the drawing for prizes regardless of whether or not you reach the 20 work outs goal. But, the more you work out, the more chances you have to win! Over 50 prizes are available and include gift certificates for food, fun, services and more donated by WORLD GYM and other participating local businesses.

READY, SET, GO!

It's Free!