

Two Day Fitness Challenge



139 North Erie St., Mercer, PA 16137

Tuesday & Wednesday, January 17th & 18th, 2012

Start the New Year off by challenging yourself to complete two days of fitness!

How many challenges can you complete?

Prizes for Overall Male & Female 5K time, and Male & Female who complete the most challenges.

Events

Tuesday: 9am-10am: Yoga
10am-10:30am: Target Toning
4:45pm-5:30pm: Zumba
5:30pm-6:30pm: Kickboxing
6:30pm-7pm: Bootcamp

Wednesday: 12:15pm-12:45pm: Yoga
5:30pm-6:30pm: Zumba
6:30pm-8pm: Power Yoga

Indoor 5K sign up times: Tuesday 10:30am-8:30pm
(3.1 miles on treadmill) Wednesday 10:30am-8:30pm

**Please sign up for your 5K time slot by Monday, January 16th by calling (724) 662-1776

Cost: IXL Members: \$15.00 Nonmembers: \$20.00



Registration Form – Fill out completely (Please PRINT!)

Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Phone: _____ E-mail: _____

Age on day of event: _____ Sex: Male or Female

T-Shirt size: S M L XL

Waiver: I waive for myself, my heirs, and assigns all claims for damages which I might have against the race, its sponsors, or other organizations of individuals as a result of any injuries which might be received during the race. I also release any photos which may involve myself.

Mail checks payable to:
iXL Rehab, Exercise, and Wellness Center
139 North Erie Street
Mercer, PA 16137

Signature required

If under 18, Parents Signature

For more information, please call IXL at (724) 662-1776