



Maintain, don't gain!

HOLIDAY Challenge

Registration
code:
2TW917

Many Americans gain between 1 and 5 pounds each holiday season. While it might not sound like much, most people never manage to lose those extra pounds.

at **TUMBLEWEED RECREATION CENTER**
745 E. Germann Rd.

NOVEMBER 12
THROUGH **DECEMBER 21**

Resident fee: \$54 • Non-resident fee: \$73

This holiday season, don't let weight gain weigh you down.

Join the Tumbleweed Recreation Center Fitness Community for the Maintain, Don't Gain! Holiday Challenge as we help you keep the extra weight off – so you don't have to worry about losing it.

The six-week challenge provides participants with weekly tips, tricks, and workouts to help maintain your weight throughout the holiday season.



TRC Personal Trainer,
ROB



TRC Registered Dietician,
JESSICA

Register at Tumbleweed Recreation Center or online at

www.chandleraz.gov/fitness

For more information call 480-782-2907