12 Days of Fitness Challenge

Dec 1-31

Complete 12 workouts, on separate days, and turn in your form to receive a prize!

FOCUS!

Never skip breakfast.

Exercise smart. Exercise safe.

Color your plate with vegetables.

Exercise can help reduce holiday stress.

Who inspires you? Who do you inspire?

Start thinking about your fitness goals for next year.

Are you including flexibility training in your schedule?

Stay hydrated!

Merry Christmas!

Make the time!

Skip holiday treats? No way-eat in moderation.

The New Year is right around the corner!

For more information see fitness floor staff or call Vickie Lang at 480-782-2907.

Mayor Jay Tibshraeny and the Chandler City Council