

Train & Maintain **H** **LIDAY** **Challenge**

**Don't let the upcoming holidays derail your fitness goals!
Log your workouts and stay on track with our free contest!
Top three participants receive an Ephrata Rec Center t-shirt.**

*All participants entered into a drawing to receive
a discount on the program of their choice.*

**Contest runs Mon. Nov. 15
through Fri. Dec. 24**

Workout logs available at the front desk!