

2019 Fitness Challenge

Enroll between Jan. 1- 14

Contest begins Jan 14 and ends April 14

Entry fee: \$20

How it Works:

Pick up a packet when you register. Log your daily activity and have it validated by a BHRC staff member. Pictures may be required. Only ONE entry per day allowed, and a MINIMUM of THREE per week.

Each log entry = one drawing entry.

BONUSES: Get additional entries for bringing a friend who is not a member of BHRC and/or hiring a trainer.

Ideas for activity:

Walk/ run Confluence Trail

Racquetball

Pickleball

Swim laps

Water Fitness class

Group Fitness class

Walk lazy river

Use cardio machines

Paddleboard class

Swim lessons

Lift weights

Cross-Country Ski (pic required)

Snow shoe (pic required)

Hike (pic required)

TRX Class

Yoga

Tai Chi

Tae Kwon Do

Drawing: April 15, 2019

Grand Prize: 6 month pass (\$140 value)

2nd Prize: 4 Personal Training Sessions (\$120 Value)

3rd Prize: 20 Punch Pass (\$57 Value)



Activity Registration



Household LAST NAME

Household FIRST NAME

MAILING ADDRESS

CITY

ZIP

PHONE: HOME ()

WORK ()

EMERGENCY ()

VISA

MC

Email address: _____

CASH

CHECK

CHECK # : _____

REC'D BY: _____

PARTICIPANT INFORMATION

Participant First Name	Last Name	DOB	gender	Activity Name	Activity #	Fee
		///	M F			
		///	M F			
		///	M F			
		///	M F			

PARTICIPANT RELEASE

TOTAL FEE: _____

I, the below signed as an adult (or the parent of), do hereby release the City of Delta, its agents or employees, from liability for any injuries or damages which may result to myself (my child) as a result of the participation of myself (my child) in the City of Delta Recreation Program. Further, the applicant agrees to save and hold harmless the City of Delta, its officers, agents, or employees, for any damages or personal injury which may result from activities occurring on the property of the City of Delta which is used in conjunction with the Delta Recreation Program

SIGNATURE: _____

DATE: _____

Fitness Challenge

Check	Class	Day	Time	POS #	Fee
✓	Fitness Challenge	Monthly	TBA	109031B	\$20

For more information contact Fitness Dept.@ 874-0923