



COMMIT TO BE FIT IS BACK AND BETTER THAN EVER WITH NEWLY ADDED CHALLENGES

Commit to Be Fit (Standard)

\$20 entry fee for 8-week challenge

Initial In-Body must be done by January 8th

Final In-Body must be done by March 5th

Commit to Be Fit+ (Tier 1, 2, and 3)

Tier 1 \$27 entry fee for 12-week challenge

Tier 2 \$52 entry fee for 25-week challenge

Tier 3 \$100 entry fee for 52-week challenge

What's included?

Initial and Final In-Body tests

Goal setting session with RAC Personal Trainer

1 weekly workout, 1 weekly recipe, weekly fitness tips

Access to the RAC's most popular training programs

20% off all Small Group Training costs for up to 3 months

Prizes for top male and female participants of each challenge option

**For full details or to sign up email Joe Jones at
jjones@racmn.com**

BE FIT. BE FAMILY. BE WELL.

