Do you find yourself making fitness goals at the beginning of the semester with good intentions of achieving them before the holidays?

Well fret no more because this year it’s going to be different!

Want to know how? Check out the information below!

WHAT: 12-WEEK PROGRAM

In the 12-week program, each participant will be given a GX Passport each for the months August 27th through November 16th (THREE PASSPORTS total). The participant must keep up with his/her passports. With the passports, each participant must participate in one or more Group Exercise modalities a week (Spin, Group Exercise, Pilates/Yoga), with the goal being to work out 3-5 days per week. Each month when the participant fills up his/her passport, a prize will be given. The participant will only receive a prize if the passport is full. The instructor of the class must sign off on the passport. NO exceptions will be made. Nutrition will be left up to the participant, but it is a good idea to establish healthy eating habits as exercise and eating go together. If needed, www.mypyramid.gov or www.livestrong.com can be used for guidance.

WHEN: AUGUST 27th (AIWFC KICKOFF) – NOVEMBER 16th

GX PASSPORT: HOW DO I READ THE PASSPORT?

The Passport is split up into weeks. Each week you must attend a Spin, Yoga or Pilates, and Group Exercise class. The Group Exercise class section can include Cardio Kickboxing, Zumba, Indoor/Outdoor BootCamp, Total Body Sculpt, Just Abs, etc. Check out the GX Class Descriptions to learn more about classes!

PRIZES

Each month, when you fill up your GX Passport AND attend the SPECIALTY CLASS of the month (listed below), you will be given a prize. At the end of the program, NOVEMBER 16th...PRIZE! This is the finale of the AIWFC Program...CONGRATULATIONS!

SPECIALTY CLASSES: YOU MUST ATTEND THESE CLASSES EACH MONTH TO RECEIVE PRIZES!

- AUGUST 27th – "ALL I WANT FOR CHRISTMAS" KICKOFF EXTRAVAGANZA: 5:30-7:00pm
- SEPTEMBER 17th – ASHTANGA YOGA NIGHT: 7:00-8:30pm
- OCTOBER 17th – "LOVE YOUR BODY" DAY & ZUMBATHON: 5:30-7:30pm
- OCTOBER 30th – HALLOWEEN HOOTENANNY: 5:30-7:00pm
- NOVEMBER 15th – EARN YOUR TURKEY: 5:30-6:30pm