



Seneca-Cayuga 2019 New Year's Wellness Challenge

Join us in helping you achieve your fitness resolutions for 2019. Featuring three separate challenges for different goals, participate in one or all of them for a chance to improve your health and win prizes.

Strength

Strength challenge participants will be tested on 3-rep max in the 3 main lifts: Bench Press, Squat, and Deadlift. The winner will be the one who increases those lifts by the greatest percentage.

Weight Loss

For the weight loss challenge, participants will be weighed at the beginning and end of the challenge period, with 2 winners, the most weight loss in total pounds, and most reduced BMI.

Commitment

For commitment, we will show special appreciation for the member who visits the gym the greatest number of times during the challenge period.

Challenge Period: Jan 15 to Mar 15

Prizes will be Academy gift cards for first place participants, and one-month free membership for first, second, and third.

Please contact Derek or Mike at the Wellness Center for any further details.

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