



NO EXCUSES NOVEMBER

NOVEMBER 1 – NOVEMBER 30

**THIS MONTH, IT'S ALL ABOUT COMMITMENT,
CONSISTENCY, AND CRUSHING YOUR GOALS.**

NO EXCUSES. JUST RESULTS.

HOW IT WORKS:

- 1 SET YOUR PERSONAL FITNESS GOAL FOR THE MONTH & ADD TO THE CHALLENGE CHART IN THE LOBBY (NOV. 1)**



(i.e. number of group ex classes attended, pounds lost/muscle gained, miles ran, new PR to break, gym check-ins, etc.)

2

**WORK HARD
TOWARDS YOUR
GOAL ALL MONTH
LONG & TRACK
YOUR PROGRESS
AS YOU GO**

3

**REACH YOUR
GOAL & ENTER TO
WIN PRIZES!**



Raffle prizes include: Free personal training sessions, Y Swag, and membership discounts! | Winners will be drawn on Monday, Dec. 1st