

IN IT 2 THIN IT

FITNESS CHALLENGE

Challenge starts
Jan. 22!
Click here
to subscribe!

Have
Questions?
Call
803.397.4746

WHAT IS THE CHALLENGE?

A 12-week body transformation program to encourage all Richland Two staff to get fit and healthy!



FITWORKERS: HOW IT WORKS

- Pay \$60 and join a school or DO team
- Weigh-in at the start of the challenge
- Bring your own exercise mat and 3lb & 5lb dumbbells
- Work out for 12 weeks
- Weigh-in at the end
- GET HEALTHY, GET FIT and win great prizes!



FITWORKERS: WHAT IS OFFERED

- One-hour workout twice a week with a FitWorkers trainer
- Three workout sites: Jackson Creek Elementary, R2i2 and Blythewood High. Choose the one closest to you!
- Nutritional information and healthy meal plans



GO THE EXTRA MILE

- Combine your current workout with FitWorkers sessions
- Join your school's exercise clubs or programs
- Take advantage of special offers from Richland Two's partners (see Deals and Discounts page on Inside Two!)

Richland Two Fitness Partners

