

Group Fitness



Spring Break MEPS Member Challenge: March 9 - 31, 2020

Highest number of MEPS (Myzone Effort Points) earned will win.

1. This challenge is for members of Ascension Genesys Health Club.
2. Download the Myzone App, via Google Play store or the Apple App store to use the Myzone heart rate monitor.
3. Register the Myzone MZ1 or MZ3 heart rate monitor belt with the Ascension Genesys Health Club facility code (ASCGUS001 - facility code) via the app or user account.
4. Once registered, you will automatically receive a welcome email from Amanda Moran, Group Fitness Manager. This indicates the registration to Ascension Genesys Health Club has been accepted.
5. Only registered users will receive a Myzone Spring Break MEPS Challenge invitation.
6. Challenge invitations will be sent on Thursday, March 5th.
7. **To participate in the challenge - ACCEPT THE CHALLENGE INVITATION.**
8. The challenge start date is March 9th and will finish on March 31st.
9. Anytime the belt is connected (either via receiver in studio or the app) MEPS will be accumulating. All MEPS count.
10. Myzone heart rate monitors are available for purchase in the Ascension Genesys Health Club Pro Shop.

Earn extra MEPS by attending Myzone Group Fitness designated classes

All classes listed on the Group Ex schedule as a Myzone class will be worth 5 extra MEPS

Spring Break MEPS Member Challenge Grand Prize winner will be announced on April 1st.

Grand Prize Winner:

2 tickets to a Detroit Tigers Baseball game, 1 night hotel stay in Detroit.
(date is predetermined, cannot be changed)

Additional prizes awarded for highest weekly total.

For more information on Myzone, visit Myzone.org or contact Amanda Moran. Literature will be available in all studios beginning Thursday, March 5th.

 Stay up to date with Ascension Genesys Health Club updates! Receive special offers and the latest information on all the programs and services you love "real time" on Facebook [@AGHCfit](https://www.facebook.com/AGHCfit) and also stay in the loop by visiting us online at www.AscensionGenesysHealthClub.com!

