



ASCENSION GENESYS HEALTH CLUB
JUNE FITNESS CHALLENGE
JUNE 1–30, 2022

**ARE YOU READY FOR A CHALLENGE... AND TO PUSH YOUR WORKOUT TO THE NEXT LEVEL?!
JOIN OUR JUNE INDIVIDUAL CHALLENGE!!**

This competition will be based on MyZone Effort Points (MEPs) earned by MyZone users with Ascension Genesys Health Club listed as their facility. Members will have the opportunity to compete based on individual MEPS.

RULES:

MEPS Earning Zones Blue-Red (Gray does not count for the competition). The unit must be worn only by the person competing. Workouts missed due to forgotten units, will not be able to be manually added.

SIGN-UP:

All current users will be able to sign up for the Individual challenge through the MyZone App or via email invitation.

PRIZES:

WINNERS: 1st, 2nd, and 3rd places will be awarded to participating members based on individual MEPS. 1st place will receive \$30 Club Bucks, 2nd place will receive \$20 Club Bucks, and 3rd Place will receive \$10 Club Bucks. 1st—3rd places will also receive bragging rights and will have their name/photo promoted in the Club News and on club TVs.

**For more information, contact Group Fitness Manager,
Kylie Gates-Barrett at (810) 606-7542 or Kylie.Gates-Barrett@ascension-external.org.**

Don't have a MyZone? MyZone's can be purchased (and are currently \$50 off) through the Pro Shop.



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 and also stay in the loop by visiting us online at www.AscensionGenesysHealthClub.com!



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