



Wellness Center Fitness Challenge

1.5 mile run
Or 1 mile walk
5/29/12
5:00 pm

**Sign up at the
Wellness Center**

The following may
be challenged by
appointment from
5/29—5/31

Sit and reach
Pull-ups
Push-ups
Crunches

Records will be
posted at the
Wellness Center

Panthercard
Required

Contact:
Oren Monroe
868-3365



Categories:
Male, Female and Top of the Hill (over 40)