



THE 7-MINUTE WORKOUT CHALLENGE

SIGN UP TODAY!

The Challenge: 7- Minute Workout Challenge

How to: No time to workout out? No problem! Follow along using the exercises on the handout provided. This 7- minute workout is a short, quick series of exercises that use your own body weight.

Return this Signup Sheet to: Sharon Croteau – Human Resources – email scroteau@chicopeema.gov – phone 413-594-1565

Challenge Runs: October 1 – November 2, 2018

Your Name:

Prizes Include:

- **Fit Bit**
- **\$50 Gift Certificate to Mckinstry Garden**
- **Workout Gift Basket**