



# 2025 COMMIT 2 FIT CHALLENGE

## Fitness Center & Group Exercise Class Challenge

Unleash your full potential and transform your fitness journey into a rewarding experience. Enhance your workouts by teaming up with our fitness staff at the WOLF fitness center and/or participating in group exercise classes to make the most of your time and reach your goals.

**CHALLENGE STARTS TUESDAY JANUARY 21, 2025**

Endorsed by WellPath and StrongLife

The COMMIT 2 FIT runs for 8 weeks.

- Collect 21 initials from instructor or fitness staff.
- Participants may use 2 personal training sessions with Diabetes Prevention Services fitness staff per card.



For more information contact Michelle Long at 480-362-7320 or Michelle.Long@SRPMIC-nsn.gov

[HTTPS://WWW.SIGNUPGENIUS.COM/GO/2025COMMIT2FITGCCCCHALLENGE](https://www.signupgenius.com/go/2025commit2fitgcccchallenge)