

BIGGEST LOSER CHALLENGE

Sign Up Now for Short Fitness Center's Biggest Loser Challenge!

Register by January 5, 2024
Competition is January 8 – March 8, 2024

- Track your weight loss with weekly in-person weigh-ins at Short Fitness Center.
- Prizes will be awarded to the top Male and Female for most weight lost by March 8.

**Weigh-in each week at Short Fitness Center during
regular business hours beginning January 8, 2024.**

- Participants start the challenge at current weight on January 8.
- Participants' weight will be recorded by Fitness Center Staff and logged in an individual record.
- Winners will be calculated and announced by March 8, 2024.

**STOP BY THE FRONT DESK OR VISIT
[MACDILLFSS.COM/SHORT-FITNESS-CENTER](https://www.macdillfss.com/short-fitness-center)
FOR MORE INFO!**



**CALL THE FITNESS CENTER AT
(813) 828-4496**



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