

Please join us for our 2013 Spring into Fitness Challenge!

What is it?

This is an opportunity for you to decide what your most important fitness goals are, and then to focus in on them for 8 weeks, while being supported by the Ballard Health Club community.

How does it work?

*Simple! We'll help you define your ultimate goal(s), then set up weekly tasks that will help you meet those goals. For every week that you complete your tasks, you'll receive a **Gold Star** to put up on our Challenge Progress Board. You can put your name on the board, or you can be anonymous—use a nickname or something that you'll recognize—whatever you like. Fun prizes will be awarded at the end of the challenge!*

How will I be supported?

- The BHC Community—each person will be working on their own individualized goals, but your fellow health club members will be facing many of the same challenges you are, so getting to see everyone's progress—that we're all in this together—will boost motivation and help us all to stay on track to reach our health and fitness goals!*
- Various Clinics—based on your input, our training staff will host clinics to help you define goals and put them into action!*
- Training Appointments—schedule an appointment with a trainer! This can be an hour of undivided attention working towards your goals or discussing an action plan.*
- Our Certified Fitness Staff—not only will our staff be completing the challenge right alongside you, but the BHC staff is more than happy to answer any questions as well as help you come up with ideas!*

When does it begin?

*The challenge will officially begin **Monday, April 8th**, but leading up to the launch you'll start to see info about how to get rolling—so keep an eye out!*

What do I do to get started?

To help us decide which clinics to hold, please fill out the form located below this sign and drop it in the box. And feel free to speak with the staff about your ideas and goals, and stay tuned for what is next to come!

What do YOU want to accomplish?