

CLUB 1000

GRATITUDE & GAINS



***Flex your gratitude muscle!
Stay active and positive all
month long!***

PROGRAM DATES:
NOVEMBER 10TH - 21ST

**2-week accountability challenge leading up to
Thanksgiving.**

**Each participant will receive
6 workouts that get progressively harder, and 6
gratitude challenges to be completed.**

**Complete all your challenges, receive a FREE Mason
Jar Project!**

To register for this activity please reach out to
the Fitness Center Staff at
v.vaclavik@contactelevation.com