

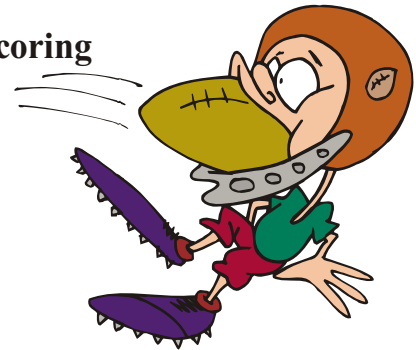
# FIGHTIN' WORDS

Fall 2006

Round 5

## GOAL!... Set A Goal!... Make the Goal!

With football season rolling in, it's certainly the season for scoring Goals. Unfortunately, the kinds of activities that surround football season and all of the coming holidays are the ones that **DERAIL** our personal fitness goals (ie. chips, salsa, beer, hotdogs, beer, hamburgers, beer, need we say more?) Whether your goal is to lose some weight or train to get in the ring in the upcoming **FIGHT NIGHT**, we're here to help!



## BOXING CO. CHALLENGE

The **BOXING CO.** will be "kicking off" our own season from now until January with, yup, you guessed it- **THE BOXING CO. CHALLENGE!!** In this event, we're here to help Beat the Bulge. How? By punching, kicking, bobbin' & weavin' and whatever else it takes to help you reach and maintain your goals! Why? Because we know you can do it!

The next few weeks will be filled with weight-loss and nutritional guidance, fitness screenings, goal setting, special classes, seminars and all of the usual "kick-ass" classes and trainers.

Please be sure and get registered ASAP so we can torture, we mean help you get through the holidays. **THE BOXING CO. CHALLENGE** will go until our next **FIGHT NIGHT** which will be held on Saturday, January 13th! Mark that on your calendars!

## FRIGHT NIGHT

In case you haven't been reading the signs posted Everywhere throughout the club (we know you didn't read your letter we sent out to you). It's time for our first ever **FRIGHT NIGHT!** This is a **FUN** competition where you and other members get to compete against each other to the end! ... End of the competition!

**DATE:** Monday October 30th

**TIME:** Festivities start at 5:30pm with a warm up in the Boxing class. All contestants must be checked in by 6:15 pm.

**EVENTS:** Punchathon, Kickathon, Tabletops, Push-ups, Sit-ups, Jumprope Endurance Challenge, Jumprope "Show-off Showdown"

**RULES:** See front desk for the low-down

*\*Also featured: Live DJ, snacks, beverages, and more!*

## Win a FREE One Year Membership!

Did you get your "FRIGHT NIGHT" letter in the mail? Did you read your letter?? Enclosed is your "MONSTER MONEY" valued at \$100.00 good towards enrolling a friend at the club. When your Monster Money is redeemed, you can SPIN & WIN on our "Wheel of Prizes"... And your name is entered into our drawing for a **FREE YEAR MEMBERSHIP!!**