

At Just Move, we don't have treadmills, ellipticals, or stationary bikes. **WE DON'T NEED MACHINES.**

BE THE MACHINE



AT JUSTMOVE FITNESS AND MORE

**SPRING
CHALLENGE
APRIL 21
THROUGH
MAY 30**

Find out how to shape up your body and keep it tuned for an active & healthy life through our exciting group fitness classes and special programs!

The Challenge

Fill your "Be the Machine" Rewards Card with stamps. Receive stamps for attending classes at Just Move. Look for bonus opportunities to receive stamps in email and on Facebook.

Your filled card becomes your raffle ticket for awesome prizes, including:

- Your own WERQ® dance fitness party with Heather & Sara. Set the date, invite your friends, we'll provide your favorite music, dancing and refreshments!
- Four 30-Minute Personal Bootcamp Sessions with Rita
- Healthy Eating on a Budget Workshop for you and a friend with Your Turn's Melodie Holman
- Just Move "On the Go" Basket valued at \$120.

Fill up multiple cards for more chances to win or to win more than one prize!

How to Sign Up

Purchase a "Be the Machine" Rewards Card anytime in April & May for \$15. Additional cards are \$5.

The Rewards Card automatically comes with great discounts, worth over \$30:

- FREE "Good Form" Workshop
- FREE "Finding the Right Fitness Shoe" Workshop
- \$2 off Flashback Fridays (4/25 Diva Night and 5/30 Prom Night)
- \$2 off Just Move logo wear, including new "Be the Machine" shirts
- \$5 off "I exercise but why don't I lose weight?" Workshop with The WellnessRN and The Organic Gypsy
- \$2 off The Organic Gypsy truck purchase or \$5 off dinner order
- 20% off The WellnessRN services
- surprise discounts throughout the challenge!

DISCOUNTS, FREE WORKSHOPS AND MORE!

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