



Calling all MCPS Employees! Please join us for the

21 DAY CHALLENGE

NOVEMBER 4, 2019 - NOVEMBER 25, 2019

How to Participate

1. Schedule an appointment at *Zone Health and Fitness* by visiting the links below.
(appointments available 10/28 - 11/02)
2. Utilize *Zone Health and Fitness* free for 21 Days*.
3. Rock your fitness goals for a chance to win!

3 Ways to Win

3 Month *Zone* Membership

All participants will be entered into a drawing for a chance to win!

\$100 Visa Gift Card

Complete a *Zone* Activity Card and be entered into a drawing for a chance to win!

Zone Gift Basket & Fitbit Versa Lite

The participant with the most number of check ins at *Zone Health and Fitness* will win!

[To schedule an appointment at *Zone East*, click here.](#)

[To schedule an appointment at *Zone West*, click here.](#)

For questions, contact Kiara Pagan at (352) 509-3133 or Kiara.Pagan@zonehealthandfitness.com



*Proof of employment is required. Current members may enter, but challenge is only free for non-members. To be eligible for prizes associated with the 21 Day Challenge, participants must visit a minimum of 9 times throughout the challenge.