

WHAT COUNTS?

Vessell's Cardio Center

Cardio Classes

PowerSculpt Class

Zumba

Aqua Classes

Walk or run from VFC

Racquetball Games



WHAT DOESN'T COUNT?

Stretch Class

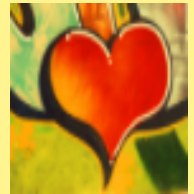
Yoga Class

Core Class

Sittercize

Practicing R-ball

Weight Training



Runs February 1-29.

Complete your first workout then put your name tag on the board, move your name tag after each workout.

Leave your name tag at the finish line.

Must complete 16 cardio workouts.

40-minutes for ages 12-54

30-minutes for ages 55 up.

Time does not have to be consecutive but must be the same day.

Everyone that completes the contest wins a Vessell's T-Shirt.

Only 1 shirt per person.

T-Shirt distribution begins March 1.



Heart Smart 2012