

Metro Fitness Invites You to the  
2019 FALL CORPORATE WEIGHT  
LOSS & FITNESS CHALLENGE

CorpFit  
A Service of Metro Fitness, Inc

Want to build unity, crush fitness goals and have fun  
with your co-workers and employees?

- Receive a 1-hour team training session each week with a Metro coach.
- Enrollment starts July 8th.
- The Challenge begins the week of September 16th.
- The Fitness Competition Week runs October 28th- November 2nd.
- Each team must have 8-15 participants and at least 3 women.



Teams may include up to 2 non-company participants.

- **Mandatory Captains Meeting Saturday, September 14th, 10 AM, at Metro Fitness Downtown.**
- **Team Cost is \$995 (\$66.33/employee for a team of 15).** Includes full club access to both locations, 1 - 1 hour team training session each week, participation t-shirts and prizes.



To sign up or get more details, please contact Randy Sabourin at [randy@getmetrofit.com](mailto:randy@getmetrofit.com)