

Health & Wellness

45-DAY FITNESS CHALLENGE

SHAPE
TRAINING

POSTURE STRONG

RED DRAGON



SCHOOL OF KARATE



Begins Sat Oct 1st

This is your chance to have fun while working out. Everyone loves football therefore this program is centered on our very own beloved Philadelphia Eagles. Giveaways if they win, workouts designed around the final score, and overall we want you to have fun while getting yourself and/or staying in shape. It's an awesome time of year with football on TV, cooler temps in the air, and the holidays approaching. So WHY NOT have fun working out and in the end - it's NOT about winning the competition (except for the Eagles), it's about sweating out more calories than you consumed, tightening up the mid-section, and losing a few pounds. Who's signing up?

WHAT TO EXPECT

- WIN Philadelphia Eagles & Down Under Gear
- WIN Personal Training
- Win a self-defense class - Red Dragon Karate
- Win a Posture Eval from "Posture Strong"
- Win a Nutritional Evaluation from the "Shape Trainer"
- WIN Nutritional Supplements

DETAILS

- Open to all Members - FREE
- 45 Day Challenge begins Sat Oct 1st - Mon Nov 14th
- Daily/Weekly Fitness Competitions
- Daily & Weekly Workouts
- Obstacle course - try it with or w/o a football
- Male/Female categories
- Unlimited Motivation
- Daily Facebook post

DISCLAIMER: Down Under Sports & Fitness strives to help all members meet their personal goals – both physically and mentally. Staff members and owners cannot and will not be held responsible for a member's weight gain and/or the need to eat pizza, candy, cheese and/or wings dripping with ranch dressing OR their inability to curve one's pallet from wine, soda and/or beer. All of which, aid in weight gain. But then again, without the above one cannot live – especially without wine.