



Introducing *The Playground's* Exciting Start to the New Year

The “12 in 12” Buddy Challenge

How does it work?

Pick a buddy who you think would benefit from fun, unconventional and challenging fitness training. This buddy needs an open mind, a willingness to do the “uncomfortable” and must embrace a laugh-your-butt-off good time.

***Register your team at the studio for FREE by January 12, 2012.*

The Challenge:

You and your buddy will be given an outline of group classes, at-home assignments, and other “interesting” challenges your team must complete in 12 consecutive days. On the 12TH day of the challenge, we will hold our grand finale-*The Playground's Amusingly Amazing Race -Saturday January 28th at Noon*. Teams will be released into West Hartford Center and Blue Back Square and asked to complete several physical and mental challenges for time. Focus, execution, mental agility and ability to follow instructions are critical to your success. ***Being a fast runner, does not necessarily guarantee the victory.*

First place winners will receive a 6 month FREE membership each- a \$650 value!

In appreciation for the all the competitors' hard work, “12 in 12” participants will receive 20% off any membership of his or her choice.

***The Playground - Serious Fitness for Adults is located at 977 Farmington
Ave behind Grants Restaurant
www.thefitplayground.com
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