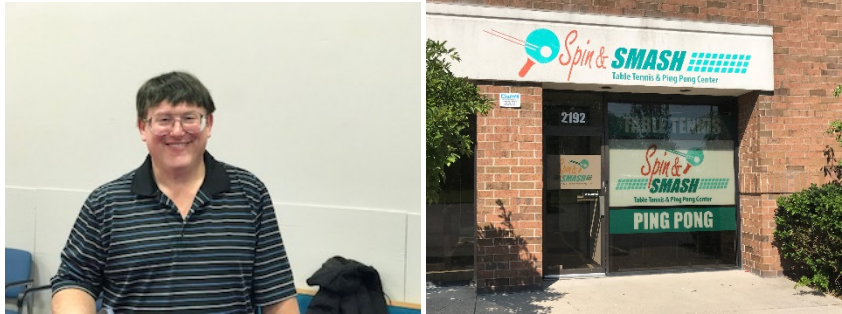


Summer Weight & Fitness Challenge

Thursdays at 7pm beginning June 6 to August 29, 2019
Tournament & Celebration – Saturday, August 31, 2019



Come and start a new path to a healthy outlook and a new way of going through life.

- Consultation on fitness & weight loss with general aspects of table tennis training.
- Weekly weigh-ins and fitness tracking
- Motivational discussion & sharing experiences
- Group play & physical training
- Singles & doubles play
- \$100 top prize to the overall weight loss champion (awarded August 31)

Costs \$5/week for Spin & Smash members. All other, \$10/week.
A minimum of four sessions is required to be eligible for the \$100 top prize.

Weight & Fitness Challenge Open Tournament & Celebration, August 31, 2019

<u>Division</u>	<u>Entry Fee*</u>	<u>Award 1st</u>	<u>Award 2nd</u>	<u>Start time</u>
Open	\$25.00	\$100	\$50	1pm
U1700	\$20	\$50	\$25	3pm
U1400	\$20	\$40	\$20	3pm
3500 Doubles	\$20/team	\$50	\$25	4:30pm

**Free tournament entry for participants who meet monthly goals during the challenge.*

For more information contact Jay Nelson at (304) 416-5643 or email finecues4u@aol.com

Please consult your doctor before starting this or any other weight-related or physical program.



Spin & Smash Table Tennis & Ping Pong Center
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