



DOG DAYS OF SUMMER CHALLENGE 2022!

MONDAY, AUGUST 1, 2022 – WEDNESDAY, AUGUST 31, 2022

HOW TO WIN THE CHALLENGE

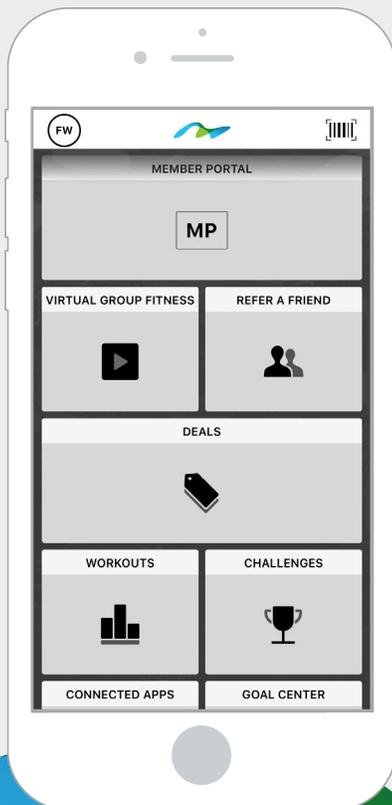
- Log 12 workouts, whether at the Center or attending our virtual classes, using the Movofit app under the “Workout” tile.
- Participants that complete the challenge will receive 650 rewards points.
- One workout per day will count toward the challenge and you can only receive points once for completing the challenge.

- See directions below on how to join the challenge using the Movofit app.

What are Rewards Points?

You can redeem rewards points for Fit Bucks, Personal Training sessions, swim lessons, gym bag, or a glass water bottle.

HOW TO JOIN THE CHALLENGE



- Go to your Movofit app
- Click the “Challenges” tile
- Choose “Dog Days of Summer Challenge 2022”
- Click “Join Now” and you’re in the challenge!
- Once the challenge starts, you can start logging your workouts!

Have questions?



Scan the QR Code to see our quick set-up guide or ask our staff and they will be happy to assist you!

Download our Movofit Center Mobile App Today!

