

QUAPAW TRIBE FIT 2018

1. WEIGHT LOSS CHALLENGE

MOST WEIGHT LOSS – MEN

MOST WEIGHT LOSS – WOMEN

Starting weigh in: **Feb. 16th. 7am -6pm @ JBFC**

Final weigh in: **May 11th. 7am-6pm @ JBFC**

2. CLASS PARTICIPATION

CLASSES & TIMES

Tues\ Thur.	10 am.	Low impact Aerobics
	10:30 am.	Walking Strong
	11 am.	Tae bo (DVD)

Tues. only	6 pm	Pow Wow Sweat
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This is a DVD from the Coeur-d-Alene Tribe in Idaho.

There will be a sign in sheet for each class participation.

Classes will start Feb. 20th and run till May 10th.

All participants will have free membership to the

[John L. Berrey Fitness Center](#)

between 2/16/18 to 5/11/18

M-F 6AM-8PM

SAT. 8AM-2PM



Prizes to be determined!

Weight loss winners will be determined by % of weight loss.

Participation winners will be determined by a drawing.

(each class attended you will receive one entry)

The contests are sponsored in part by the Quapaw Tribe CHR, John L. Berrey Fitness Center, and the 2018 Good Health & Wellness grant by the Southern Plains Tribal Health Board.

Questions? Contact: Jami Rodgers jrogers@quapawtribe.com 918-238-3151 or Sherrie Nida snida@quapawtribe.com

918-238-3154

Quapaw Tribe Fit Challenge

Registration Form

Return forms by Emailing to snida@quapawtribe.com,
jroddgers@quapawtribe.com, or drop off at the John L. Berrey

Fitness Center

907 Whitebird Lane

Quapaw, OK 74363

(PLEASE PRINT)

Name: _____ Gender: _____

Address: _____

City: _____ State: _____ Zip code _____

Phone: _____ email: _____

T- Shirt size: _____

Waiver (must be signed) You agree that you are physically able to engage in any activity, program or training provided and agree that all exercises and the use of this facility are undertaken at your sole risk. You agree to adhere to all rules and policies established by the facility. You also agree to accept full responsibility for all personal belongings.

Signature: _____