Northern Arizona Healthcare

Verde Valley Medical Center

&

COTTONWOOD RECREATION CENTER

Present

looking good cottonwood

Wednesday, January 6 through Wednesday, April 6, 2016

Seminars, group exercise classes, weekly weigh-ins, and more to help you achieve your long term success!

Grand Prize of $1,000
With runner-up prizes of $500 and $200 for both men & women.

Group prize of $1,000
With runner-up prizes of $500 and $200

Register at the CRC Front Desk from December 1 through January 4

- $15 for CRC members
- $35 for non-members
- $25 per group of five
  (in addition to registration fee)

Registration late fee of $5 added after January 4.

Must be 18 years or older

FOR MORE INFORMATION CALL
Trevor Faust
Fitness Center Supervisor
928-639-3200 X 3210
Or e-mail
tfaust@cottonwoodaz.gov