



Northern Arizona Healthcare

Verde Valley Medical 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!*

Group prize of
\$1,000

With runner-up prizes
of \$500 and \$200

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

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**