



## Prizes

For each checked box, participants will earn 1 point toward the weekly prize raffle for the following weekly prizes:

### Week #1 Raffle Prizes

60-Minute Personal Training or Pilates Session

### Week #2 Raffle Prize

60-Minute Massage

### Week #3 Raffle Prize

Myzone Tracker & Belt

### Week #4 Raffle Prize

\$100 Liberty Gift Card

## Grand Prize

Participants who earn at least 50 points over the 4-week challenge period will be entered into a raffle to win a free month of Liberty dues!

## Four-Week Challenge

Monday, January 13 - Sunday, February 9

*Liberty Members Only | Ages 12+*

*Entry Fee \$25*

## Registration

**Opens:** Monday, December 2

**Closes:** Sunday, January 12



## Questions?

Chelsea Gnida at 734.665.3738 ext. 129  
or [chelsea.gnida@libertyathletic.net](mailto:chelsea.gnida@libertyathletic.net)

[www.libertyathletic.net](http://www.libertyathletic.net)



## Join the Challenge!

Take this opportunity to invest in yourself and build lasting habits in 2025. Let's level up together!

[www.libertyathletic.net](http://www.libertyathletic.net)



Kick off 2025 with purpose by joining our “Level Up Your New Year” wellness challenge! This 4-week journey is designed to help you start the year strong - physically, mentally, and emotionally. Whether you’re a beginner or a veteran in your wellness routine, Level Up challenges you to maintain a holistic balance of fitness, mindfulness, and healthy habits.

### Registration

Opens: Monday, December 2  
Closes: Sunday, January 12

**Entry Fee:** \$25

### Four Week Challenge

Monday, January 13 - Sunday, February 9

*Liberty Members Only | Ages 12+*

**Week #1** 1/13-1/19  
**Week #2** 1/20-1/26  
**Week #3** 1/27-2/2  
**Week #4** 2/3-2/9

## Here’s how it works:

- ✓ Upon registration, a challenge packet which includes challenge cards, coupons, a water bottle sticker, and a Liberty guest pass will be available for pick-up at the front desk.
- ✓ Participants will keep track of their own challenge cards, checking off the boxes that contain challenges that they have successfully completed. For each checked box, the participant will earn 1 point toward the weekly prize raffle. The more points a participant accumulates, the more opportunities he/she/they will gain to win!
- ✓ At the end of each week (*by 11:59 PM each Sunday*), participants will e-mail a copy or a photo of their completed weekly challenge form to [fitness@libertyathletic.net](mailto:fitness@libertyathletic.net) for submission into the weekly raffle. Weekly forms submitted after the deadline will not be accepted for that week.
- ✓ Participants who earn at least 50 points over the 4-week challenge period will be entered to win a free month of Liberty dues. Two winners from the qualifying participants will be drawn.

## Perks

Additionally, all participants registered for the challenge will receive the following perks:

- A Liberty Athletic Club guest pass
- A 20% off coupon for personal training, Pilates training, or a 60-minute massage
- A free small group training class
- A presentation by Bethany Williston, MS, RDN  
**Monday, January 20, from 6pm-7pm**

***Finding Balance in Your Diet:** In this workshop, the benefits of the three macronutrients of carbohydrates, proteins, and fats will be discussed. Participants will learn what foods fulfill each category and how to achieve a healthy balance of these nutrients.*

- A special meditation workshop with J.T. Quon, Group Fitness Instructor

**Sunday, February 2, from 11am-12pm**

*This workshop will introduce mindfulness techniques, breathwork, and gentle guidance to quiet the mind and bring awareness to the present moment.*