

MAYOR MARQUEZ
60 DAY FITNESS CHALLENGE
February 3, 2010

The Abe Montoya Recreation Center is the site for the Mayors 60 day Fitness Challenge, which is a partnership between the City of Las Vegas and Alta Vista Regional Hospital. **The challenge will commence on FEBRUARY 3, 2010 and end on APRIL 3, 2010.**

Initial weigh in and measurements from our friendly fitness staff will begin on Friday January 29th through Wednesday February 3, 2010. Participants **MUST** be registered, weighed and measured by 9pm Wednesday February 3, to be eligible for the challenge.

At the beginning of the challenge and at the end of the 60 days, Abe Montoya Recreation Center fitness staff will weigh you and take various measurements to mark down how many inches and weight was lost during the challenge. This will create an activity log and help us determine the biggest loser of weight and inches at the end of the challenge. Staff is also available to assist participants with a basic fitness program, nutrition tips and body fat testing.

By registering and getting weighed in, you may purchase a monthly pass to the Abe Montoya Recreation Center for \$15.00, 50% off the regular cost of a monthly pass for the duration of the challenge (Feb to April).

Six categories of age divisions: women and men ages 16-35, 36-55, and 56-78+. The biggest loser in each division will win a prize and a monthly pass to the Abe Montoya Recreation Center.

For more information, contact the Abe Montoya Recreation Center at 426-1739.