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THE CITY OF NEW SMYRNA BEACH



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CITY OF  
NEW SMYRNA BEACH  
PRESENTS



**10 WEEK HEALTHY  
LIFESTYLE CONTEST**



find us on Facebook at  
Mayors Fitness Challenge NSB

[www.phitamerica.org](http://www.phitamerica.org)



### What is it?

The Mayor's Healthy Lifestyle Contest is a 10 week "self-improvement" competition to help motivate you to improve your health and lose unwanted body fat. Although you will be competing against other people, your body does not have to look better than everyone you're competing with to win. There will be a fasting assessment the week of Jan. 9th to obtain a starting point and a final assessment will be used to determine your progress. The individual male and individual female who improves their health and fitness the most will win \$1,000! Classes will be Monday, Thursday and Saturday. For team points you will need to attend a minimum of two events per week.

### How do I enter the contest and how much does it cost?

Fill out the registration form and turn it in to the New Smyrna Beach Leisure Services Department at 201 N. Myrtle Ave. New Smyrna Beach, Florida 32168. They can also be reached at 386-410-2890. There is an entry fee of \$125 for all entrants. The Challenge is limited to the first 180 participants.

### Healthy Lifestyle Contest

Individual Participant - \$125 registration fee that includes initial and final assessments final banquet and everything listed on the Schedule of Events and a team t-shirt. This deal comes around once a year and is worth over \$500.

FOR MORE INFORMATION:  
Call New Smyrna Beach Leisure  
Services Department @ 386-410-2890

# SCHEDULE OF EVENTS

PLEASE PRINT

YOGA CLASS *requires yoga mat*

## Week 1

Initial Fasting Assessments@ Florida Hospital

**Jan. 9, MONDAY**, 6:00pm,

Opening Kickoff @ City Gym

Tonya; BOOT CAMP, 6:30-7:30pm

**Jan. 12, THURSDAY**, 6:00-7:00pm

Cynthia; BOOT CAMP @ City Gym

**Jan. 14, SATURDAY**, 8:00-9:00am

Megan; HIT @ City Gym

## Week 2

**Jan. 16, MONDAY**, 6:00-7:00pm

Susan Sloan; MIXED MASH @ City Gym

**Jan. 19, THURSDAY**, 6:00-7:00pm

Nick; BOOT CAMP @ City Gym

**Jan. 21, SATURDAY**, 8:00-9:00am

Cindee; ZUMBA @ City Gym

## Week 3

**Jan. 23, MONDAY**, 6:00-7:00pm

Shushanna; YOGA @ City Gym

**Jan. 26, THURSDAY**, 6:00-7:00pm

Victor; SET @ City Gym

**Jan. 28, SATURDAY**, 8:00am

Tom @ Sports Complex

## Week 4

**Jan. 30, MONDAY**, 6:00-7:00pm

Cindee; ZUMBA @ City Gym

**Feb. 2, THURSDAY**, 6:00-7:00pm

Nick; BOOT CAMP @ City Gym

**Feb. 4, SATURDAY**, 8:00-9:00am

Cindee; ZUMBA @ City Gym

## Week 5

**Feb. 6, MONDAY**, 6:00-7:00pm

Tonya; BOOT CAMP @ City Gym

**Feb. 9, THURSDAY**, 6:00-7:00pm

Kathie; PILATES @ City Gym

**Feb. 11, SATURDAY**, 8:00am

BAND ON THE RUN 5K

## Week 6

**Feb. 13, MONDAY**, 6:00-7:00pm

Bo; BOOT CAMP @ City Gym

**Feb. 16, THURSDAY**, 6:00-7:00pm

Victor; SET @ City Gym

**Feb. 18, SATURDAY**, 8:00am

Tom @ Sports Complex

## Week 7

**Feb. 20, MONDAY**, 6:00-7:00pm

Shushanna; YOGA @ City Gym

**Feb. 23, THURSDAY**, 6:00-7:00pm

Cynthia; BOOT CAMP @ City Gym

**Feb. 25, SATURDAY**, 8:00-9:00am

Megan; HIT @ City Gym

## Week 8

**Feb. 27, MONDAY**, 6:00-7:00pm

Cindee; ZUMBA @ City Gym

**Mar. 2, THURSDAY**, 6:00-7:00pm

Nick; BOOT CAMP @ City Gym

**Mar. 4, SATURDAY**, 8:00am

Meet @ Riverside Park/Walk the Loop

## Week 9

**Mar. 6, MONDAY**, 6:00-7:00pm

Kathie; PILATES @ City Gym

**Mar. 9, THURSDAY**, 6:00-7:00pm

Victor; SET @ City Gym

**Mar. 11, SATURDAY**, 6:00pm

Light the Night 5k/Multi-Use Trail

## Week 10

**Mar. 13, MONDAY**, 6:00-7:00pm

Bo; BOOT CAMP @ City Gym

**Mar. 16, THURSDAY**, 6:00-7:00pm

Cindee; ZUMBA @ City Gym

**Mar. 18, SATURDAY**, 8:00-9:00am

Cynthia; BOOT CAMP @ City Gym

## Mayor's Fitness Challenge Registration.

*The Challenge is limited to the first 180 participants. Hurry Sells Out Every Year!*

NAME: \_\_\_\_\_

GENDER: M \_\_\_\_\_ F \_\_\_\_\_

DATE OF BIRTH: \_\_\_\_\_

PHONE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_

STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

EMAIL: \_\_\_\_\_

ADULT SHIRT SIZE:

SM \_\_\_\_\_ MED \_\_\_\_\_ LARGE \_\_\_\_\_

XLARGE \_\_\_\_\_ XXLARGE \_\_\_\_\_

XXXLARGE \_\_\_\_\_

### PLEASE READ AND SIGN BELOW:

IN CONSIDERATION OF BEING ALLOWED TO PARTICIPATE IN THE MAYOR'S FITNESS CHALLENGE, I AGREE THAT NEITHER THE CITY OF NEW SMYRNA BEACH (CITY) NOR PHIT AMERICA (PA) WILL BE HELD LIABLE FOR ANY INJURY OR DAMAGE SUFFERED BY ME BECAUSE OF MY PARTICIPATION. I FURTHER AGREE TO RELEASE, HOLD HARMLESS, AND INDEMNIFY THE CITY, ITS AGENTS AND EMPLOYEES, AND PA, ITS AFFILIATES, OFFICERS, DIRECTORS, MEMBERS, EMPLOYEES AND AGENTS, FROM AND AGAINST ANY LIABILITY FOR ITS/THEIR NEGLIGENCE OR NEGLIGENT ACTS OR OMISSIONS ARISING FROM OR IN CONNECTION WITH THE UNDERSIGNED'S PARTICIPATION.

By signing this form, I give the City of New Smyrna Beach permission to publish or use video images, photographic portraits or pictures of me, along with my name, for art, advertising, trade, public information or any other lawful purpose. I waive inspecting and/or approving the finished product or the copy that is used or any compensation in connection with the publication.

DATE \_\_\_\_\_

SIGNATURE

(Parent Or Legal Guardian If Under 18)

**BANQUET SCHEDULED FOR MARCH 24, 2016**

FOR MORE INFORMATION: Call New Smyrna Beach Leisure Services Department @ 386-410-2890