



CHALLENGE

• KICKS OFF JANUARY 21, 2019 •

905.688.6800 | WHITEOAKSRESORT.COM



CHALLENGE YOURSELF!

This 10 week challenge is a full scope fitness plan to help you achieve your goals and set you up for success in the future. From nutrition education to personal training and some fun clinics in between – we've got you covered! Earn points by visiting The Club, watching our nutrition and cooking videos and participating in theme week activities!



NON-MEMBERS
\$425

Includes 3 month membership
to The Club at White Oaks

WHAT'S INCLUDED?

- 3 Training Sessions of Your Choice
Personal training, racquet lessons or nutrition sessions
- Weekly videos on nutrition or fitness available to view on our Club Facebook and Instagram
- Special Challenge Classes
Yoga, Bootcamp, Equalizer and Cooking Demonstration
- Top male and female participants will win a 1-year membership; Top male and female participants (Master's Division) will win a 6-month membership

THE FINE DETAILS:

- Starting measurements on January 16–18, 2020
- Challenge begins on January 20, 2020
- Sign up at the Club Desk
- Contact Cathy Mills for more information
905.688.2032 ext 5209 | cmills@whiteoaksresort.com