



9 - MINUTE FITNESS CHALLENGE



ENTER TO WIN

TRIP TO



Video Record Your Nine Minute Workout and WIN

BEST WORKOUT WINS

WINNER & FAMILY WILL RECEIVE AIR TRAVEL, HOTEL & PARK PASSES

PARTICIPANTS: EVERYONE – NO AGE REQUIREMENTS

RULES: <[CLICK HERE TO VIEW](#)>

VIDEO CRITERIA: TOTAL BODY WORKOUT DURATION MUST BE 9 MINUTES

SUBMIT VIDEOS: DEADLINE - NOVEMBER 15, 2009

REGISTER / COST: \$9.11 www.911Fitness.com 305 297-5328

PROCEEDS BENEFIT: SHRINER'S CHILDREN'S HOSPITAL



**Shriners Hospitals
for Children™**

