

RWJ RAHWAY FITNESS & WELLNESS CENTER AT CARTERET



OCTOBER 1 – OCTOBER 31

GET READY TO MAKE THIS SPOOKY SEASON YOUR STRONGEST AND MOST SPIRITED ONE YET!

We invite you to be a part of an incredible October-long challenge. When you sign up for the Spooky Scorchers Challenge, you'll unlock frightfully good workouts, eerie-sistable classes, and a supportive community to help you reach your fall fitness goals. Let's make this challenge spooktacular from start to finish!

SEE THE FRONT DESK TO SIGN-UP!

**RWJ RAHWAY
FITNESS & WELLNESS CENTER
— at —
CARTERET**

RWJ Rahway Fitness & Wellness at Carteret
60 Cooke Avenue, Carteret, NJ 07008
732.541.2333 | www.RWJFitnessCarteret.com

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SPOOKY SCORCHER

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HOW TO PARTICIPATE

1. **Register** for the challenge by signing up at the Front Desk. **Challenge Fee: \$25**– Includes all materials needed to track your progress, attend classes, special coupons, and a Spooky Scorchers Challenge T-Shirt!
2. **Create** your plan to maximize your points. The month will be jammed packed with classes, demos and so much more.
3. **Track** all your points-earning activities in your Challenge Tracker and have them signed off by management. All trackers are due by **Monday, November 2**.

WHAT CAN YOU WIN?

The grand prize will be awarded at the end of the Challenge to the participant with the most points. Participants can win 1-month of membership dues and a gym bag full of additional goodies! The winner will be announced on **Friday, November 6** via our social media platforms and in Center.

HOW TO EARN POINTS

You can earn points all month long through various activities designed to help you stay motivated!

- **Attend a Scorchers Class** 1–3 Points
1 class per day limit
- **Attend a Fitness Floor Demo** 2 Points
- **Complete Your Full Re-evaluation** 3 Points
- **Write a Testimonial** 1 Point
Score bonus points by including a photo! 2 Points
- **Bring a Friend to the Center** 2 Points
- **Schedule Massage Demo** 3 Points
- **Do One (1) Time Lap in the Pool** 3 Points
- **Attend a Pilates 30-Minute Class** 3 Points
- **Post a Center Selfie & Tag Us** 2 Points
- **Write Positive Google Review** 5 Points
One (1) per member. Full name must be displayed on the review to confirm membership and points.

Please note: Some activities may have restrictions and requirements, please see the Challenge Tracker for full details.

QUESTIONS? CONTACT OUR TEAM

If you have any questions or comments regarding the challenge, please reach out to General Manager, Jessica, at jessicar@fitnessandwellness.org or visit the front desk.

LOOKING FOR A WORKOUT BUDDY FOR THE SPOOKY SCORCHERS CHALLENGE?

Do you know someone who might be interested in joining our fitness center? Invite them to become a member! Not only will they get to join you for the challenge, but when they sign up, you'll receive one month **FREE*** on your membership! *Bring a friend and make your fitness journey even more enjoyable!*

* Some restrictions apply.