

# WHO WILL COMMIT TO BE FIT?

## MEN VS. WOMEN



KIERNAN RECREATION CENTER

Start: Monday, Jan. 20<sup>th</sup>

End: Friday, Feb. 28<sup>th</sup>

Program Cost: \$5

(includes registraion and teeshirt)



### WINNING PRIZES

#### GRAND PRIZE WINNER

\$100 gift card to Dicks Sporting Goods & 5 free personal training sessions with winning coach

#### RUNNER UP

Fitness gear gift basket from Olympia Sports

#### WINNING TEAM

Fitness Rewards gifts

#### **MEN'S TEAM**

**COACH: Danny Riggi**

Fitness and Operations Coordinator

#### **WOMEN'S TEAM**

**COACH: Amanda Williamson**

Personal Trainer/Aerobics Instructor

REPRESENT YOUR GENDER AND SIGN UP FOR THE BATTLE OF THE SEXES

TO SEE WHO IS MORE COMMITTED TO A HEALTHY LIFESTYLE AND WORKOUT ROUTINE

**LATE REGISTRATION EXTENDED UNTIL WEDNESDAY, FEB. 5<sup>th</sup>**

To register or for questions please contact Danny at (716)-286-8055 or at [driggi@niagara.edu](mailto:driggi@niagara.edu)