



AIMS COMMUNITY COLLEGE  
2016 FITNESS CHALLENGE  
REGISTRATION

Name \_\_\_\_\_

Email \_\_\_\_\_

Phone \_\_\_\_\_

**Team Name** \_\_\_\_\_

**Check box to the right if you would like us to place you on a team**

**Team Division**  **Beginner**  **Intermediate**  **Advanced**

**Check box to the right if you would like a free body composition assessment**

- If you have a body composition assessment our Instructors and Personal Trainers can help you set and keep an objective and put a workout plan in place

**IMPORTANT DATES TO REMEMBER**

AIMS FITNESS CHALLENGE BEGINS JANUARY 6<sup>TH</sup> AND ENDS MARCH 2<sup>ND</sup>

MANADORY ORIENTATION AND KICKOFF: MONDAY JANUARY 6<sup>TH</sup> 5:30 P.M.  
AIMS PHYSICAL EDUCATION AND RECREATION CENTER

Before participating in a Fitness Challenge that demands physical exertion, make sure that you consult with a physician.

Thank you for registering for the 2016 Aims Fitness Challenge

Return your registration and Waiver of Liability to the Welcome Center at the Aims Physical Education and Recreation Center or to Anna Sanchez at [anna.sanchez@aims.edu](mailto:anna.sanchez@aims.edu)