




# Small Business Wellness Challenge



Here's what The Small Business Wellness Challenge is all about:

- ★ Each business will compete to win the title of “The Fittest & Craziest Small Business on the Shoreline”
- ★ Each time a participant takes a class they will earn points for their team
- ★ The team that has the highest total points at the end of the 4 weeks wins the trophy  cup
- ★ Starts Saturday, January 11th @ 7am (1st class mandatory for all participants)
- ★ \$170 per team, minimum 2 and maximum of 5 participants
- ★ Includes an all-inclusive unlimited 4 week Iron Membership for all team members  
•Cycle•HIIT•Barbell•Floor
- ★ Weekly challenges that include in-house (Saturdays at 7am, need 1+ person from each team to represent) and off-site team challenges/activities TBA
- ★ Access to online community and support pages
- ★ A great way to PROMOTE your own business in the community and network
- ★ Growing a better, healthier, and happier small business team!
- ★ All fitness levels welcome!!!
- ★ Details and rules to follow in class on January 11th

Here's to a happy, healthy, and prosperous business in the New Year!!!

*Kati & Jen  
and the Iron House staff*

**Please fill out the form below to participate!**

Business name: \_\_\_\_\_

Location: \_\_\_\_\_

Name of Team: \_\_\_\_\_

Team Captain: \_\_\_\_\_

	Participants	Email Address	Phone #:
1.	_____	_____	_____
2.	_____	_____	_____
3.	_____	_____	_____
4.	_____	_____	_____
5.	_____	_____	_____

Credit card number: \_\_\_\_\_ Expiration: \_\_\_\_\_ CVV: \_\_\_\_\_

Signature of captain: \_\_\_\_\_