

Indian Hill Winter Club



SPARKPEOPLE®
Make Your Life An Adventure

IHWC 2012 Fitness Challenge

Join the Indian Hill Winter Club Community at www.SparkPeople.com

The Club has purchased the 28 Day Boot Camp DVD by Coach Nicole. Coach Nicole is a Certified Fitness Expert and Managing Editor of SparkPeople.

Schedule a time with your friends to use our state of the art workout room!
Monitor your goals through SparkPeople. 2012 - be the best version of yourself!

Who can do this??? Anyone who wants to feel fit and healthy, any age, any ability!

- Create a user name and password.
- Go to the Start menu to establish your goals
- Look under Community - Teams, IHWinterClub then hit join.
- Have fun exploring the website.
- **Our Official Start Date: Wednesday, January 11, 2012**

Check out the Healthy Lifestyle tab for Spark Recipes - healthy choices created by Chef Meg.

For Questions or to schedule your workout room and time -
Kcornett@ihwinterclub.com or (513) 576-9444.