

12 Days of Fitness Challenge

Don't let the holiday season side-track your fitness program!

Sign up for the UFC's

12 Days of Fitness December 7th through December 22nd

Each weekday participants will be given a minimum suggested workout and nutrition or fitness tip.

Registration deadline is Wednesday, December 2nd.

Register [online](#) now!

Don't let your fitness routine get derailed,
Sign up today!!!

