

# The Art of hard work...

## Get In Shape 2012



Win \$1000

### GET IN SHAPE 12 WEEK CONTEST\*

**Dates:**

Jan. 13 - Apr. 6, 2012 (first flight)

Jan. 20 - Apr. 13, 2012 (second flight)

**Sign-Up: Dec. 12th, 2011 - Jan. 19th, 2012**

- **Entry Fee:** Individual- \$79  
Teams - \$39 per person (teams of 2-8) (12yrs +)
- **Men's and Women's Categories:** 18-34, 35-49, 50+, plus other Team categories
- **FREE SEMINARS:** Nutrition, Cardio, Strength Training, more
- First 100 individual sign-ups get **FREE** 30 day supply of dotFit vitamins

\* **\$1000 Guaranteed to 1st place winners with the greatest change!**  
(in age categories with 15 or more entrants)

 **Fees, dates and other details at:**  
[www.yakimaathletic.com](http://www.yakimaathletic.com)



**YAC Fitness**  
Open 24 Hours



before after

**Sharlyn Hill**

2011  
Get In Shape  
2nd place Women 35+

Won \$650  
Lost 8% body fat  
& 16 lbs.!



**Not a member?  
Not a problem!**

3-month membership & entry fee



**\$215** +tax  
3-month membership & entry fee

YAC Fitness  
2500 Business Lane • Terrace Heights  
574-0711  
Expires 1/19/12 • Must be 18 yrs. old



**\$295** +tax  
3-month membership & entry fee

Yakima Athletic Club  
2501 Racquet Lane  
453-6521  
Expires 1/19/12 • Must be 18 yrs. old