

zūm 60-DAY CHALLENGE

GET PLAY HARDER. LIVE BETTER.
PUSH ME. EFFORT CLAIMS RESULTS.
EXPERIENCE EARNS TRUST.
PART ZEN, PART PLAY AND PART SPEED.
FUN DEMANDS SWEAT. **LEAN**
ACTION. FLUID, EFFICIENT.
INNOVATIVE TRAINING. **LEAN**
REST. A BODY YOU CAN COUNT ON. MOTIVATION.
BENEFITS LAST A LIFETIME.
QUALITY OF ACTION. INNOVATION.
INSIGHT. **ATMOSPHERE.** BREATHE.
MOVE BEYOND WHERE YOU THOUGHT POSSIBLE.
PERFORM BETTER
LAUGH. ENJOY THE JOURNEY.

FRI., OCT. 28

THURS., NOV. 3

THURS., JAN. 5

5:00 am - 8:00 pm

7:00 am - 7:00 pm

5:00 am - 7:00 pm

REGISTRATION DEADLINE

WEIGH-IN/BODY FAT TEST

WEIGH-IN/BODY FAT TEST

SPONSORS: 97.3 KIRO FM • CALIDORA • SWINK • TOM DOUGLAS • VIDA SPA • KIND BAR • JUICY CAFE

AWARDS FINALE THURS., JAN 12 6:30-8PM CALL 206.443.3933 TO REGISTER