Spring into Shape

Team up and achieve your fitness goals!

Join the 4-week Spring into Shape fitness challenge
Monday, May 14th through Sunday, June 10th.

During the challenge each team member will need to be active for at least 90 minutes each week (team total of 180 minutes/week).

Register your team of two at the Wellness Intranet page: gtc.edu/groups/wellness

Meet your activity goal and be entered into the weekly prize drawing!

The winning team will be announced each Monday:

- **Week 1:** Wisconsin State Park Passes (2 per team)
- **Week 2:** Golf Outing Package (2 per team)
- **Week 3:** Clear Waters Outdoors Gift Certificate (2 per team)
- **Week 4:** Noah’s Ark Family 4-pack (4-pack for each team member)

To request disability accommodations, contact the Compliance Manager at 262-564-3062/Wisconsin Relay 711, or vollendorfj@gtc.edu, at least ten days in advance.