



FIT BUCKS

CATALOG PG 1.

**FIT POINTS STORE HOURS:
MON-FRI 8AM-5PM
OR CALL TO SCHEDULE A PICK UP TIME**

HOW TO EARN POINTS!



30 Minute Workout = 1 point



WC Fitness Class = 2 points

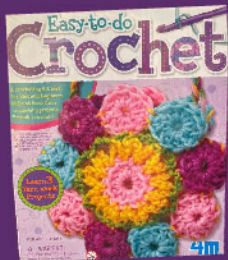


1-On-1 Sessions w/Trainer = 2 points



WC Special Events (Runs/Etc.) = 3 points

REDEEMABLE ONLY FOR ELDER



Crochet Kit (20 Fit Points)



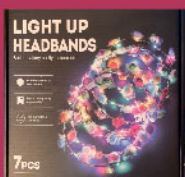
Chumit Blanket (30 Fit Points) Limited to 5



Sewing Kit (50 Fit Points)

Elders are not limited to these items. Elders may exclusively pick these items as well as anything else on the catalog. However, if you are not an elder you can not redeem prizes from this section.

REDEEMABLE ITEMS FOR 10 FIT POINTS



7pc Light Up Headbands



Pill/Vitamin Organizer & Water Bottle



MCT Gaiter



M/L - L/XL Facemasks

REDEEMABLE ITEMS FOR 20 FIT POINTS



Chalk Ball



Wellness Center Journal



Green Bento Box



Grey Bento Box



Pink Bento Box

REDEEMABLE ITEMS FOR 30 FIT POINTS



Pink, Blue, Black Blender Bottles w/container at the bottom



2 Glass Cups w/Bamboo Lid & Straw

FOR MORE INFORMATION CALL 520-562-2026 OR EMAIL: WELLNESS.CENTER@GRIC.NSN.US