

Are you ready for the March Madness Challenge ?

You have until March 10th to sign-up, the challenge begins on March 1st!

The hope is that the challenge will encourage members to work out more frequently at the Club by completing a variety of fitness elements between March 1st – March 31st. There is still time to sign-up! It is free!!! Sign-up sheets are in the front lobby. Anyone can win...

TCC MARCH MADNESS CHALLENGE RULES

1. All 6 Challenges must be completed within the month of March to be eligible for raffle prizes.

Challenges include:

64 Minutes of strength training

32 Minutes of stretching

16 Chatham Club visits

8 Hours of Cardio

4 Group Exercise Classes

1 Tune-Up, Personal Training session, Pilates session, or Squash lesson (your choice of one)

2. All Challenges must be completed at the Club.

3. Every day, participants must record their results in the log book located at the fitness desk. Please use the honor system.

4. Completion of each challenge may be done in random order.

5. Your first "4 Classes" cannot contribute to other challenges. After "4 Classes" have been completed, all additional classes can count towards other challenges. For example, a yoga class can be used in the stretching challenge or a HIIT class can be used in the cardio challenge. Please see our March Madness Class Reference Guide in the log book.

6. The first 128 entries in the challenge will be randomly entered in the TCC March Madness Bracket Challenge, which will coincide with the 2019 Men's AND Women's NCAA Basketball Tournament brackets. *Bracket champions will each win one gift certificate.

7. All those who complete the challenge on or before March 31st will be entered into a raffle to win one of ten gift cards from one of our March Madness sponsors AND be entered into the Nerf basketball shoot-off!

* Nerf champion will win one gift certificate!