

Join us for the 41st Annual

# Aerobic Winter Challenge

## HOW IT WORKS:

- o Form teams of 5-10 people
- o Exercise at least 14 days per month for your chance to win monthly and grand prizes
- o Join monthly virtual and in-person events if desired to stay connected
- o Receive monthly e-newsletters with tasty recipes and fitness tips to keep you moving

## REGISTRATION:

- o October 1 - October 21, 2022
- o Cost is only \$10 per person, or \$5 for subsidizing agencies!

## CHALLENGE TIMELINE:

- o November 1, 2022 through February 28, 2023

For registration details, visit: [www.coconino.az.gov/awc](http://www.coconino.az.gov/awc)

Questions?  
Email George & Haley:  
[awc@coconino.az.gov](mailto:awc@coconino.az.gov)

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