

Celebrating 40 years of the

Aerobic Winter Challenge



Join the 2021-2022 Coconino County Health & Human Services Aerobic Winter Challenge:

- Form teams of 5-10 people.
- Exercise at least 14 days per month for your chance to win monthly and grand prizes.
- Registration: October 1 - October 24, 2021.
- Monthly virtual events to keep you fit and connected!
- Monthly e-newsletters with tasty recipes and fitness tips to keep you moving.
- Cost is only \$10 per person to join! Unless sponsored by one of our great partner agencies.
- Challenge runs from November 1, 2021 through February 28, 2022.

For registration details, visit: www.coconino.az.gov/awc



Sponsoring Agencies



Questions? E-mail Tiffany & George - awc@coconino.az.gov