

CITY OF DELAND PRESENTS

GET FIT DELAND

2nd ANNUAL

# Mayor's Fitness Challenge

September 23, 2015 to November 16, 2015

## DeLand Mayor's Fitness Challenge

*A nine week fitness challenge to encourage the community to live a healthier lifestyle*

**DeLand, FL-** The City of DeLand Parks and Recreation Department is pleased to announce the 2nd Annual 2015 DeLand Mayor's Fitness Challenge. This nine week fitness challenge is sponsored by Florida Hospital DeLand, DeLand YMCA, the City of DeLand Parks and Recreation Department. The sponsors and DeLand Mayor Bob Apgar hopes this challenge will encourage the community to get active and to live a healthier lifestyle.

**Who:** The DeLand Mayor's Fitness Challenge is open to anyone 10 years of age and up. We have broken everyone into five different age divisions and will award 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place winners to top females and males in each of the five age groups.

### Age Divisions (age as of 9/23/15)

- Kids: 10-14
- Young Adult: 18-35
- Teens: 15-17
- Adult: 36-59
- Over 60: 60 and up

**What:** There will be a number of fitness classes (Zumba, Jazzercise, Physical Training, and more), and a gym membership available (for an additional \$10 fee at the DeLand YMCA) to participants for the duration of the challenge.

**When:** The Program begins with a KICKOFF at the Sanborn Center on Wednesday, September 23, 2015, 5:00pm-7:00pm. At the kickoff Florida Hospital DeLand will be doing the pre biometric testing for participants. A schedule of events and a variety of additional health and fitness options will also be available.

**Where:** The fitness and wellness activities will vary throughout the challenge between different city centers and parks, as well as other local wellness centers.

**Why:** To promote a healthier DeLand

**Cost:** Adults: \$30 for individual participants

**Students:** \$15 for individual participants (Must show current school identification at the time of registration)

### *Inclusions:*

- A DeLand Mayor's Fitness Challenge T-shirt
- Free Wellness Class presented by Florida Hospital DeLand
- Free Zumba, Jazzercise, Physical Training and more
- for an additional \$10- Membership to the DeLand YMCA for the duration of the Mayor's Fitness Challenge, restrictions may apply.

### **Challenge:**

*Individuals:*

Everyone will be pre and post tested by Florida Hospital DeLand and the participants that lose the most percentage over the course of the challenge will win their age division and winners will receive awards and prizes. A female and male Grand Champion will also be awarded. Prizes are solely determined by the volume of registration.

### **Registration Information:**

Pre-registration will be accepted at the DeLand Parks and Recreation Department, 230 N. Stone St., DeLand, FL 32720, Monday-Friday, 8:00am-4:30pm. Registration will also be accepted at the KICKOFF Event at the Sanborn Center (815 S. Alabama Ave., DeLand, FL 32724) on Wednesday, September 23, 2015 between 5:00pm-7:00pm.

### **For more information:**

Please contact the DeLand Parks and Recreation Department at:  
230 North Stone Street, DeLand, FL 32720  
386-626-7280 [rhodesc@deland.org](mailto:rhodesc@deland.org)

