

# WORLD CLASS FITNESS LAUNCH CHALLENGE

Welcome to the Kroc Summer Fitness Launch! From July 13–19, you'll team up with fellow members and instructors to compete in a week-long fitness competition inspired by the excitement of the World Cup.

## Your Team

Register for the event through our Kroc Connect app in the 'Events' section. Then you will be assigned to a team. Your teammates include fellow members and fitness instructors, so everyone has a role to play in helping your team earn points throughout the week.

## How to Earn Points

- Register for Classes: 1 point for each fitness class registration through the Kroc Connect app.
- Attend Classes: 2 points for each class attended and checked in by the instructor.
- Visit Different "Countries" for Bonus Points: Each fitness class format represents a different "country" in our World Cup Challenge. Earn bonus points by attending a variety of classes throughout the week.

Bonus points are awarded for visiting unique countries (class formats):

Visit 3 different countries = 5 bonus points

Visit 5 different countries = 10 additional bonus points

Visit 7 different countries = 15 additional bonus points

## Challenge Dates

Challenge Begins: July 13

Challenge Ends: July 19

Points will be tracked throughout the week, and standings may be shared during the competition.

Winning the Cup: The team with the highest total point score at the end of the challenge will be crowned the World Class Fitness Launch Challenge Champions.

## Prizes

Every member of the winning team will receive a prize.

Grand prizes will be awarded to select participants – prizes include free personal training sessions and free passes to our Floating Sound Bath events.

Winners will be announced on Monday, July 20.

## Challenge Tips

- Register for classes early.
- Attend consistently throughout the week.
- Try new class formats to earn country bonus points.
- Encourage your teammates and instructors to participate.
- Every registration, every check-in, and every new country visited helps your team move closer to lifting the cup. Good luck, and let the games begin!

## Registration

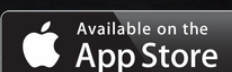
Downloading the Kroc Connect app is required to participate, as the challenge will utilize class reservations through the app.

Once you have downloaded the app to your device, tap the Menu button and navigate to the Events tab. Locate the challenge under July and reserve your spot to complete your registration. Team assignments and additional challenge details will be shared closer to the start date.

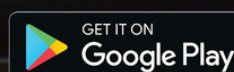
**Questions?** Email Fitness Manager, Faith Rawley: [faith.rawley@uss.salvationarmy.org](mailto:faith.rawley@uss.salvationarmy.org)

## Download the Kroc Connect App.

[Apple Device](#)



[Android Device](#)



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