## FLX FITCLUB 5 YEAR ANNIVERSARY

## SHARE THE LOVE



Post a review of FLX on Google, Facebook or Yelp

Bring a friend to class with you (or refer a friend to FLX)



Post a selfie to social media with a FLX instructor



Post a selfie of you in FLX gear on travels outside Ithaca



Share the FLX weekly schedule on social media



Wish FLX a happy anniversary on social media

Do a workout with your family (pets count!)

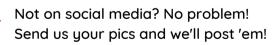


Post a pic of you at FLX or in your home gym

Walk, run, hike or bike in your FLX gear and post a pic

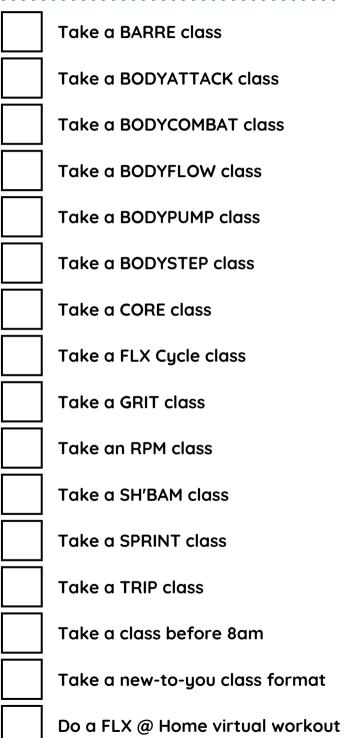


Be sure to tag @flxfitclub when you post on social media (Facebook or Instagram)



YOUR NAME

## WORK IT OUT



Get a prize AND an entry into the grand prize drawing for every 5 achievements!