

*Movement and Power for Body and Mind*

## 2017 ETHOS WINTER GAMES!



Team Hope		Team Courage	
Alison Rosen	Linda Cavanagh	Alison Browdie	Karen Capone
Betty Hicks	Linda Henninger	Amberle Miller	Karen Sweeney
Carol Bullen	Maria Jones	Anna Kozlowska	Kathie Cashion
Jamie Oberholtzer	Michelle Gouhin	Barb Brobst	Lena Hershey
Jen McKay	Monica DeEmilia	Betsy Kusniez	Liz Dete
Jennifer Johnson	Natalia Chromiak	Elizabeth Ginter	Mary Comitale
Kathy Singiser	Nicole Donovan	Jane Jardine	Patty Williams
Katie Long	Sara Gelbaugh	Jen Wasiak	Stephanie Smith
Larisa Juday	Silvia Rodden	Jodie Williford	Terre Bonshock
Laura Soper	Tess Wardell	Julia Bliss	Ed Hicks
Sue Koch	Tracy Sniscak	Kelly Decker	Tanya Ware
Tracie Vohs	Amy Kellam	Katie Daniels	Anja Rowan



WARRIOR SPIRIT RETREAT

### Bonus Tasks for February 20-26

Each completed task earns you up to 5 points!  
Earn up to 20 extra points for your team.....

**#EveryBodyWins**

- Show up.....wearing your Team Tee at the studio, especially on Saturday, February 25 for our 3 Year Anniversary celebration! (photo op at 8:55!). 5 points max.
- Share...what you're up to and inspire others...write a review about an Ethos class on MindBody Connect (free app)...1 point for each review.
- Eliminate...all added sugar and white flour from your diet for the entire week. Read your food labels and look for added sweeteners (i.e. sugar, cane sugar, organic evaporated cane juice, brown sugar, splenda and artificial sweeteners as well). The grams of natural sugar found in nutrition info are fine.
- Explore.....new info! Read and comment on an article found on the Ethos facebook page this week.

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