

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 Feb. 27-March 5

Each completed task earns you up to 5 points

MAX Bonus points = 20 weekly

Earn up to 20 extra points for your team.....

#EveryBodyWins

- **Show up**.....at a new Ethos class....tried them all? Try a new time slot!
- **Share**.....something positive/encouraging on a teammates fb timeline.
- **Eliminate**.....all red meat, chicken, pork and seafood. Try on a vegetarian diet! We will share lots of ideas on the WVG fb page.
- **Explore**.....meditation - a total of 50 min this week.
- *Report bonus points in-house daily or at the end of each week via email.*
- *Earn 1point for every class you attend. Attendance points are tracked daily.*

Like us on
Facebook!



ETHOSFITNESSSTUDIO.COM

265 Penrose Place, Carlisle