

LOSE WEIGHT. GET FIT. HAVE FUN.

The
PANTHER
Fitness Challenge

A stylized black and grey panther head with yellow eyes and a wide, toothy grin, outlined in green and black.

IT'S A LIFESTYLE CHANGE

Nutrition and exercise education

Introduction to the TC3 Fitness Center

Support and encouragement from your team and coach

Fun, challenging fitness contests

Official Panther Fitness Challenge T-shirt

Team and individual prizes



The Panther Fitness Challenge is a 10-week fitness and weight loss team competition sponsored by TC3 Recreational Sports, Fitness Center, Health Services, Career, Counseling, and Transfer Services, and Student Activities. Participants must be an enrolled TC3 student. Applications are due February 16, 2011.

Find the Panther Fitness Challenge on



For more information or to apply, visit the Health Center or Recreation Services www.TC3.edu/student/health_center.asp