Let’s get ready to rumble, or just kick your workout up a notch and bring March Madness to your Group Exercise routine!

1. Gather 3–5 friends and create your team

2. Have your team captain email Cassie at cassandras@stpauljcc.org with team name, members and email addresses

3. For each Group Exercise class attended your team earns points:
   • Cardio, Strength or Cycle Class = 3 points
   • Yoga Flow, Warrior Sculpt, Barre, Pilates or Aqua = 2 points
   • Mind Body Balance, Sunday Yoga or Candlelight Yoga = 1 point

4. After your workout, head to the Fitness Center Desk and fill out a form with your name, date, team name & workout completed

Registration starts February 15
Tournament begins March 15