



INDIANA SPORTS CORP CORPORATE CHALLENGE

EVENT RULES - TOTAL BODY FITNESS CLASS

- An unlimited number of employees may participate in each Total Body Fitness Class for each company.
- Total Body Fitness is an all-levels participation event. Participants of all experience and fitness levels are welcome.
- Friday classes are scheduled for 9:30 AM, 10:30 AM, 11:30 AM, and 12:30 PM. Each class lasts approximately 30 minutes.
- Saturday classes are scheduled for 8:00 AM, 9:00 AM, 10:00 AM, and 11:00 AM. Each class lasts approximately 30 minutes.
- Exact 2027 event dates will be announced once confirmed. Class times are expected to follow the same schedule format and are subject to change.
- Registered company participants will earn participation points for their team based on the participation scoring scale:
 - o Division 1 - 10 points per participant
 - o Division 2 - 8 points per participant
 - o Division 3 - 6 points per participant
 - o Division 4 - 6 points per participant
- Every registered company participant must have an event bib to receive participation points.
- Friends and family are welcome to participate in Total Body Fitness Classes but will not earn points for a company team. Friends and family must complete the event waiver before participating.
- Participants should wear comfortable athletic clothing and appropriate footwear and should bring water for the class.

NOTE: Participation points earned through Total Body Fitness Class count toward the overall Participation Events category, which has a maximum of 400 points per company.