



# DES MOINES CORPORATE *GAMES*

## FITNESS CLASS

### Eligibility

All players must be regular employees (full or part-time), interns or retirees of companies registered for the Des Moines Corporate Games.

### General Guidelines

1. This is a non-competitive fitness class. You may participate in as many exercises as you wish.
2. Participation per company is unlimited.

### DMCG Point System

- Participants will be awarded **25** participation points for taking part. No medals will be awarded.