


12 DAYS OF FITNESS

December 1-12

Name: _____

BINGO CHALLENGE

Attend a cycle class	Go for a walk outside	Swim laps	Workout with a friend	Drink 8 glasses of water in a day
Wake up 30 minutes earlier than usual	Eat a healthy meal	Lift weights for 30 minutes	Attend an aqua class	Walk for 30 minutes
Sleep 7-8 hours	Attend a Saturday group fitness class		Go for a walk outside	Attend any group fitness class
Lift weights for 30 minutes	Attend any group fitness class	Enjoy 15 minutes of quiet time	Attend any group fitness class	Do something relaxing
Choose a healthy snack	Play pickleball	Attend any group fitness class	Eat a healthy meal	Attend an evening group fitness class

BINGO Challenge Instructions:

- Complete 5 squares in a row (horizontal, diagonal, or vertical) to win a BINGO
- One Bingo = Ice Scraper or Water Bottle
- Two Bingos = T-shirt or Mug
- Complete all 25 squares = Two free personal training sessions or 1 month free or 1 month free to gift to someone
- Card must be presented to the front desk to receive the prize
- Bring your card to Group Fitness Classes to be initialed by the instructor.