

# Bedford YMCA Stars and Stripes Summer Fitness Challenge!

Name: Jane Smith Email or phone: \_\_\_\_\_

Week: **SUN MON TUE WED THURS FRI SAT TOTAL**

May 26 - June 1	35 min Treadmill AB	Closed Memorial Day	45 min Power HIIT	30 min Middle G + Fand	45 min Treadmill	30 min Swim	205
June 2 - 8		45 min New Kickboxing + 20 min	30 min Free Weight	60 min Zumba	30 min Walk (TR)	30 min Middle Ground	215
June 9 - 15							
June 16 - 22							
June 23 - 29							
June 30 - July 6				Closed 4th of July			

<b>Bonus Activities</b>	Attend one of our NEW classes - grab a schedule! <input checked="" type="checkbox"/>	Tour the Kids Grant garden with a staff member!	Attend one of our Yoga classes!	Bring a non-member friend for a day! <input checked="" type="checkbox"/>	Donate items to our Kids Summer Program (*see reverse side)	Refer a member to join our summer incentive program!
	20 bonus pts	20 bonus pts	20 bonus pts	20 bonus pts	20 bonus pts	20 bonus pts

Example Card

Example Card

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## May 26 - July 6

### NOTES:

- All activities need to be done at the Bedford YMCA facility.
- One minute of activity equals one point.
- Record your activity and time spent (points) in the space provided and have it initialed by a member of the fitness staff (or front desk staff member if fitness staff is unavailable), the instructor in the class you have taken or a pool staff member.
- Accumulate at least 200 points **each week** in the 6-week period. A bonus activity can count toward your weekly goal. Points cannot rollover or be used on different weeks.
- Complete 1200 points by July 6 and you'll receive a prize - our **top 10** participants will get special recognition!
- **Bonus activities have prizes, too!** The 6 bonus activities can be done on any week but can only be completed once. Complete all 6 bonus activities and also receive special recognition!
- This program is for ages 8 years and older.

To receive a prize, cards need to be turned in no later than July 10, 2019 to a fitness staff member or front desk member. (You may turn your card in early if you will be out of town)

\*Items donated for the Kids Summer Program should be given to the fitness staff or front desk staff. Please put them in a bag and label "Summer Incentive Donation".

### Items needed:

- Bug spray
- Sunscreen spray
- Sidewalk chalk or spray
- Kids white t-shirts or white bandanas
- Coloring books
- Monetary donation for field trips
- New ball for the playground or gym

