

Fall Fitness Challenge

Bound into fall with energy and challenge yourself by trying new classes, increasing your activity level, and adopting healthy habits.

Fall Fitness Bingo Rules:

- 1) Pick up a Fitness Bingo card from your instructor**
- 2) Complete BINGO squares at your own pace**
- 3) Once you complete a challenge, “X” off the square and date the square with the date completed**
- 4) Successfully complete 3 BINGO’s (diagonal, horizontal, and/or vertical) on a single card**
- 5) Write your name/email/phone # on the back of the card and drop off at the front desk to be entered into a drawing**
- 6) If you complete a BINGO card before the end of September, pick up another to complete for more chances to win**

****All cards due Monday, October 3. Drawing will be held on Tuesday, October 4th.**

