Summer Fitness Bingo

Monday, July 12 – Friday, July 23

*Earn a Bingo by completing five boxes vertically, horizontally, or diagonally. Earn a Bingo Blackout by completing all boxes (for a total of 12 Bingos). Prizes will be awarded to the top three people with the most Bingos.
*Boxes must be completed Monday - Friday
*A staff member must initial each completed box

30 minutes of strength	6:30am Power Yoga	Kickboxing	Eat a "healthy" breakfast	30 minutes of cardio
Get 8 hours of sleep	Give up something "unhealthy" you enjoy for one week	Abs and Body Shop	30 minutes of cardio	Body Composition Check
Blood Pressure Check	Group Exercise Specialty Class	30 minutes of cardio	Try a New Class!	30 minutes of strength
Core and More	30 minutes of cardio	Get 8 hours of sleep	RMR Screening	Eat a "healthy" breakfast
30 minutes of cardio	Blood Pressure Check	30 minutes of strength	Get 8 hours of sleep	Cardio Cycle