



▶ GOOD THINGS COME TO THOSE WHO SWEAT

NEW MEMBER CHALLENGE

We're thrilled you joined the Y and are ready to reach your goals! The key to unlocking success is setting smart goals and building lasting habits. At the Y, we're not just a gym—we're your partners in progress. Join our **NEW MEMBER CHALLENGE** and earn prizes:

HERE'S HOW THE CHALLENGE WORKS:

- Place a sticker beside your name on the tracking board located in the lobby each time you visit the Y.
- After you earn 8 stickers in your first month (one sticker per family per day), stop by the Welcome Desk to redeem your **16 oz. YMCA Tumbler**.
- After you earn 8 stickers in your second month, stop by the Welcome Desk to redeem **\$20 Y Bucks**.
- After you earn 8 stickers for three consecutive months (total 24), stop by the Welcome Desk to pick up your **FINISHER T-shirt**.

Month 1
8 visits =
16oz. Tumbler



Month 2
8 visits =
\$20 Y Bucks



Month 3
8 visits =
T-shirt

