



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

YMCA BINGO

#springchallenge

Take yoga or mind/body group fitness class!	Complete 100 mountain climbers!	Take a 30 minute walk outside or in the Y.	Eat 5 servings of fruits and/or vegetables for 3 days!	Hold the plank exercise for 60 seconds.
Get at least 7 hours of sleep for a night.	Stretch for 10 minutes.	Try a new group fitness class and introduce yourself to the instructor.	Perform 50 body squats!	Give a stranger a compliment.
Complete 50 jumping jacks.	Introduce yourself to a Healthy Living Coach.	Ride a bike inside or outside for 20 minutes.	Ask a staff member about a cause driven program.	Drink at least 64 oz. of water in 1 day.
Bring a friend to the Y!	Perform 15 pushups.	Keep the TV turned off at home for one evening.	Schedule a Smart Start Appointment.	Walk/Run a 5k!
Tell a staff person about a personal health goal.	Try a cycle class and introduce yourself to another member in the class!	Try a new cardio machine!	Take 10 deep breaths.	Perform walking lunges—10 each leg!

How to play: Spring challenge runs May 1–31. You are only allowed to accomplish one box per day. Please put a big X through the box when completed. Fill out the whole BINGO card and turn it in to the membership desk by Friday, May 31 to be put in a drawing to win a free month membership. Don't forget to fill out all of the details on the back of the card.

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Date: Time: Location:	Date: 	Date: Time: Location:	Date: Time: Location:	Date: Time: Instructor:
Date: Time: How many hours:	Date: Time: Location:	Date: Class: Instructor:	Date: Time: Location:	Date: Time: Location:
Date: 	Date: Time: Instructor:	Date: Time: Location:	Date: Time: Name:	Date: Time: Location:
Date: Time: Location:	Date: Time: 	Date: 	Date: Time: Location:	Date: Time: Friend:
Date: Time: Location:	Date: 	Date: Time: Machine:	Date: Instructor: Name:	Date: Time: Location:

Please fill out the contact information below so we can give you a call if your name is picked for the free month membership! *Please print clearly.

*Name: _____

*Address: _____

*Phone Number: _____

*Date of Birth: _____