



5th Anniversary **FITNESS CHALLENGE** **SEPTEMBER 25-29**

**JOIN US IN CELEBRATING 5 YEARS OF HEALTH & HAPPINESS
BY COMPLETING 5 FITNESS CHALLENGES!**

**TURN IN YOUR COMPLETED FITNESS CHALLENGE CARD
FOR A CHANCE TO WIN *AWESOME PRIZES!***

FITNESS CHALLENGE GUIDELINES

- WRITE YOUR NAME ON THE BACKSIDE OF THIS CHALLENGE CARD
- CHOOSE 5 EXERCISES IN COLUMN A OR 5 EXERCISES IN COLUMN B
COLUMN A - FITNESS CHALLENGE (1 ENTRY IN DRAWING)
COLUMN B - ADVANCED FITNESS CHALLENGE (2 ENTRIES IN DRAWING)
COMPLETE BOTH COLUMN A & B - (5 ENTRIES IN DRAWING)
- ANY STAFF MEMBER CAN OBSERVE & INITIAL ON CARD UPON COMPLETION OF EACH CHALLENGE
- UPON COMPLETION OF THE 5 FITNESS CHALLENGES, RETURN YOUR CARD TO THE CUSTOMER SERVICE DESK TO BE ENTERED INTO THE PRIZE DRAWING.





5th Anniversary FITNESS CHALLENGE

NAME: _____

A | FITNESS CHALLENGE

☐

HOW MANY PUSH-UPS
CAN YOU DO?

PUSH-UPS CAN BE DONE ON TOES, KNEES, OR WITH
HANDS ON THE WALL. PLEASE INDICATE WHICH TYPE
YOU DID & HOW MANY YOU WERE ABLE TO COMPLETE.

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KRANK BIKE FOR
5 MINUTES.

☐

RUN OR WALK 5 LAPS
ON THE TRACK.

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RIDE BIKE FOR
5 MINUTES.

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MAKE 5 BASKETS
IN THE GYM.

B | *Advanced* FITNESS CHALLENGE

☐

ATTEND A BODY
PUMP CLASS.

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HOW MANY PULL-UPS
CAN YOU DO?

YOU CAN EITHER DO PULL-UPS OR CHIN-UPS. PLEASE
WRITE HOW MANY YOU WERE ABLE TO COMPLETE.

☐

SWIM 5 LAPS OR WALK
5 LAPS IN THE LAZY RIVER.

☐

ATTEND A GROUP
CYCLING CLASS.

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HOW FAR CAN YOU MAKE
IT ACROSS MONKEY BARS?

PLEASE LIST HOW MANY BARS YOU WERE ABLE TO
MAKE IT THROUGH BEFORE LETTING GO.