

WINTER WELLNESS BINGO

Get signatures from YMCA Employees when you've completed one!

Attend 1 Group Fitness class you've never tried	Attend a Saturday morning group fitness class	Write a goal for 2026 and put in on the Wellness Center goal board	Go to a Zumba Class	Attend the Goal Setting Workshop on January 5th
Post an afterwork out selfie on social media and tag the FFY	Walk/Run 30 minutes on the indoor walking track	Try a Queenax Class	Attend a Body Balance or Yoga Class	Write down 3 things you're grateful for and why
Attend a spin class at the Y	Write a YMCA staff member a thank you note		Attend a water aerobics class	Share 3 Fremont YMCA posts on social media
Use the steam room, sauna, or hot tub	Visit the gym before 7:00 a.m.	Check in at the Y 4 times in one week	Create a January fitness goal and write it down	Attend a BodyPump Class
Attend a BodyCombat class	Bring a friend to the Y	Play 30 minutes of pickleball at the Y	Log 30 mins of cardio in the wellness center	Learn how to use one new machine or ask a personal trainer to check your form

RULES ON THE BACK

1. COMPLETE 5 SQUARES IN A ROW OR DIAGONAL TO WIN A BINGO PRIZE. MULTIPLE BINGO PRIZES ARE ALLOWED WITHIN THE MONTH.
2. MAXIMUM OF 3 BINGO PRIZES PER PERSON.
3. ALL SQUARES MUST BE DATED AND INITIALED BY A YMCA STAFF MEMBER.
4. ALL CARDS MUST BE PRESENTED TO MADYSON WALSWICK OR ASHLEY REMINGTON TO RECEIVE YOUR PRIZE.
5. THIS BINGO CHALLENGE RUNS FROM JANUARY 1ST – FEBRUARY 1ST 2026.
6. YOU CANNOT HAVE TWO BOXES MARKED FOR ONE CLASS (EX. ATTENDING A GROUP FITNESS CLASS YOU'VE NEVER TRIED AND GOING TO A ZUMBA CLASS CANNOT BOTH BE MARKED OFF)

NAME: _____

TURN IN BINGO CARDS TO MADYSON WALSWICK OR ASHLEY REMINGTON.

(EMAIL MADYSONW@FREMONTFAMILYYMCA.ORG)

