

# 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](mailto:MADYSONW@FREMONTFAMILYYMCA.ORG))

