

# FREMONT FAMILY YMCA

## SPRING INTO FITNESS BINGO CHALLENGE

B	I	N	G	O
Complete a random act of kindness	Attend a group fitness class after 4 pm	Introduce yourself to a staff member	Schedule and complete a Wellness Center orientation (free space if already done)	“Check In” to the Fremont Family YMCA on Facebook 10 times
Swim 10 laps in the pool or attend a water aerobics class	“Like” the Fremont Family YMCA on Facebook or “Follow” on Instagram	Play 30 minutes of Pickleball	Walk one mile on the treadmill	Visit the Fremont Family YMCA 5 times in one week (Sun-Sat)
Bring a friend to the YMCA	Post your April fitness goal on the YMCA Facebook page		Walk 30 minutes on the indoor track	Take a Les Mills Class (Body Pump, Body Flow or Core)
Free Space if your friend becomes a YMCA member!	Play 30 minutes of tennis or racquet ball	Attend a group fitness class between 7am – 11am	Recite the Y's four Core Values and mission to a staff member	<b>Create a fitness Bucket List</b>
Do 30 minutes of strength training in the Wellness Center	Share any 3 of the Fremont Family YMCA's Facebook posts	Attend one open swim session	Attend a group fitness class before 7am	Learn an exercise on the Queenax

1. Complete 5 squares in a row to win a BINGO prize. Multiple BINGO prizes are allowed within the month.
2. Complete all 25 squares on the card to receive a special prize!
3. All squares must be dated and initialed by the appropriate YMCA staff member.
4. All cards must be presented at the Front Desk to receive the prize.
5. This BINGO Challenge runs from April 1 – April 30, 2022.

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