

UNION COUNTY FAMILY YMCA

Winter Meltdown



Group Exercise / Fitness Challenge

Monday, January 30, 2012 thru Sunday, February 5, 2012

Your winter meltdown team attends as many group exercise classes &/or personal training sessions as you can in seven days.

Minimum of 3 participants from team must participate.

- **Each time a member of your team attends a group exercise class, you get one point for your team, regardless of the length of the class. You must attend the entire class. See schedules for class times.**
- **Attend a one hour personal training session and receive one point.**
- **Multiple team members can attend the same class / personal training session and each person will get a point for attending.**
- **Track participation on your Challenge Card.**
- **The class instructor / personal trainer must initial your Challenge Card.**
- **All Challenge Cards are due to the YMCA no later than 4:00 p.m. on Tuesday, February 7th.**
- **Results will be announced on February 10th. The team with the most points will receive a surprise bonus toward ending weight loss.**

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Challenge Card

Minimum of 3 participants from team must participate.

You have seven days (Monday, January 30th through Sunday, February 5th) to have your Winter Meltdown team attend as many group exercise classes and personal training sessions as possible. Complete the Challenge Card and return to the YMCA NO LATER THAN 4:00pm on Tuesday, 7th.

Team Name / Captain: _____

Participant: _____

	Class Name	Class Date	Class Time	Instructor's Initials
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