DECEMBER GROUP EXERCISE CHALLENGE

CARDIO DANCE	YOGA FLOW	STRENGTH TRAIN TOGETHER	CLASS CHOICE	LINE DANCING
CLASS CHOICE	SILVER SNEAKERS	THE BURN	TAI CHI	BODY SCULPTING
YOGA	CYCLE	CLASS CHOICE	CHAIR YOGA	ZUMBA
DRUM FITNESS	STEP INTERVALS	LINE DANCING	PILATES	CLASS CHOICE
CYCLE	TABATA	CLASS CHOICE	DRUM FITNESS	STRENGTH TRAIN TOGETHER

the YMCA®

Name: _____

Names will be drawn for PRIZES at the end of each week.
The more classes you take, the higher your chance to win!

- 5 classes on the card gets your name in the drawing once
- 5 rows or more gets your name in the drawing 5 times
- A true BINGO gets your name in the drawing 10 times!