

JANUARY GROUP EXERCISE CHALLENGE

| | | | | |
|-----------------|------------------------|-------------------------------|--------------------|-------------------------------|
| CARDIO DANCE | YOGA BODY SCULPT | STRENGTH TRAIN TOGETHER | CLASS CHOICE | TABATA |
| CLASS CHOICE | ACTIVE | THE BURN | TAI CHI | BODY SCULPTING |
| YOGA | CYCLE | CLASS CHOICE | CHAIR YOGA | ZUMBA |
| DRUM FITNESS | STEP INTERVALS | LINE DANCING | PILATES | CLASS CHOICE |
| CYCLE | BLAST N BURN | ACTIVE | SILVER SNEAKERS | STRENGTH TRAIN TOGETHER |



Name: _____

**Names will be drawn for PRIZES at the end of the challenge.
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!