

Fall Back 2 Fitness

BINGO

BINGO CHALLENGE INSTRUCTIONS:

• **25-SQUARE CHALLENGE RAFFLE:**
Complete all 25 squares for a chance to win prizes!

• **5-SQUARE CHALLENGE RAFFLE:**
Complete all 5 squares for a chance to win prizes ranging from \$10-\$25! Prizes include gift cards from local businesses.


• **All squares must be initialed & dated by the appropriate YMCA staff member.**

• **All cards must be submitted to the Welcome Center by Monday, October 3rd, to be entered into our raffles.**

• **No more than one box can be signed off when completing a task (for example: you can only check off the "TAKE A YOGA CLASS" box or the "TAKE A SATURDAY CLASS" box when taking a Yoga Class on a Saturday, but not both).**

QUESTIONS?

Please ask our Welcome Center Staff.

<p>TAKE A YOGA CLASS</p> <p>DATE _____ INITIALS _____</p>	<p>SHARE ANY 2 YMCA FACEBOOK POSTS</p> <p>DATE _____ INITIALS _____</p>	<p>TAKE A TRX® Fusion CLASS</p> <p>DATE _____ INITIALS _____</p>	<p>WALK A MILE</p> <p>DATE _____ INITIALS _____</p>	<p>BRING A FAMILY MEMBER OR FRIEND TO THE Y & GET A FREE TWO-DAY PASS</p> <p>DATE _____ INITIALS _____</p>
<p>DO A 20 MINUTE WORKOUT AT THE Y</p> <p>DATE _____ INITIALS _____</p>	<p>TAKE A CYCLE CLASS</p> <p>DATE _____ INITIALS _____</p>	<p>POST A SELFIE ON THE YMCA CHALLENGE GROUP FACEBOOK PAGE</p> <p>DATE _____ INITIALS _____</p>	<p>TAKE A SATURDAY CLASS</p> <p>DATE _____ INITIALS _____</p>	<p>OPT IN FOR TEXT ALERTS AT THE WELCOME CENTER</p> <p>DATE _____ INITIALS _____</p>
<p>TAKE A CORE CLASS</p> <p>DATE _____ INITIALS _____</p>	<p>TAKE A NEW CLASS YOU'VE NEVER TAKEN BEFORE</p> <p>DATE _____ INITIALS _____</p>	 <p>FREE</p>	<p>ATTEND 3 OR MORE CLASSES IN A WEEK</p> <p>DATE _____ INITIALS _____</p> <p>DATE _____ INITIALS _____</p> <p>DATE _____ INITIALS _____</p>	<p>EARLY BIRD: TAKE A CLASS BEFORE 9:30AM</p> <p>DATE _____ INITIALS _____</p>
<p>INTRODUCE YOURSELF TO A STAFF MEMBER</p> <p>DATE _____ INITIALS _____</p>	<p>NIGHT OWL TAKE AN EVENING CLASS (5:30PM)</p> <p>DATE _____ INITIALS _____</p>	<p>TRI-SQUARE</p> <p>1 MILE BIKE 1 MILE ROW 1 MILE RUN</p> <p>DATE _____ INITIALS _____</p>	<p>VERIFY YOUR EMAIL@ THE WELCOME CENTER</p> <p>DATE _____ INITIALS _____</p>	<p>TAKE A BOOT CAMP CLASS</p> <p>DATE _____ INITIALS _____</p>
<p>ASK WELCOME CENTER STAFF ABOUT A PROGRAM AT THE EXETER AREA YMCA</p> <p>DATE _____ INITIALS _____</p>	<p>REQUEST TO JOIN THE Y CHALLENGE FACEBOOK GROUP</p> <p>DATE _____ INITIALS _____</p>	<p>ASK A STAFF MEMBER TO SHOW YOU THEIR FAVORITE EXERCISE</p> <p>DATE _____ INITIALS _____</p>	<p>REGISTER FOR ADULT FITNESS COACHING SESSIONS</p> <p>DATE _____ INITIALS _____</p>	<p>SHARE YOUR STORY! TELL US HOW THE Y HAS CHANGED YOUR LIFE! <small>(write your story on the back)</small></p> <p>DATE _____ INITIALS _____</p>

This BINGO Challenge runs August 15th to September 30th 2022.

SHARE YOUR STORY!
TELL US HOW THE Y HAS CHANGED YOUR
LIFE!

Please write your story here:

May we have permission for us to share your story for marketing/
promotional purposes. YES NO

If YES, may we use: full name first name/last name initial
anonymous



The Exeter Area YMCA

56 Linden Street
Exeter, NH 03833

www.sdymca.org



FALL BACK 2 FITNESS BINGO

The Exeter
Area YMCA

NAME: _____

EMAIL: _____

PHONE #: _____

BINGO CHALLENGE PRIZES:

• 25-SQUARE CHALLENGE RAFFLE:

Complete all 25 squares for a chance to win a Collapsible cooler and a sweatshirt (limited to one Bingo Card entry per person).

• 5-SQUARE CHALLENGE RAFFLE:

Complete all 5 squares in a row for a chance to win raffle prizes ranging from \$10-\$25. Up to 5 chances to win. 1 entry is equal to 5 squares in a row. Prizes include Gifts cards from local businesses and swag!

Completed Bingo Card(s) must be submitted to the Welcome Center by **Monday, October 3rd, 2022.**

Drawing and raffle prize winners will be announced on **Friday, October 7th, 2022.**

QUESTIONS? Please ask at the Welcome Center.

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