

FITNESS CHALLENGE

Keep track of which activities you complete with a X. Aim to complete an entire row horizontally, vertically or diagonally to get a BINGO! Turn in your completed card to Member Services at West Seattle or Fautleroy by January 31 to be entered to win a prize!

Use the Queenax equipment during an open time in Studio 3	Attend the Aqua Fitness class on Sunday at 6:30pm	Introduce yourself to a personal trainer or group exercise instructor	Attend a Yoga class at West Seattle or Fautleroy	Attend any class in Studio 2
Attend any group exercise class at West Seattle or Fautleroy	Use a new piece of cardio equipment in the Fitness Center for at least 20 minutes	Attend any Queenax group exercise class	Attend any group exercise class at West Seattle or Fautleroy	Attend a Cycle class at West Seattle or Fautleroy
Register and attend a Queenax AOA demo	Attend any group exercise class at West Seattle or Fautleroy		Perform at least 2 sets of 10-12 reps on a new strength training machine in the Fitness Center	Try a new group exercise class
Try the new stretch machine in the Fitness Center	Attend a Cycle class at West Seattle or Fautleroy	Register and attend a Pilates Reformer demo or class	Attend any Queenax demo, Queenax group exercise class or Queenax open time	Attend PiYO® at West Seattle or Fautleroy
Attend any group exercise class at West Seattle or Fautleroy	Attend the ZUMBA® party on Sunday, January 8, 3:30 - 5:00pm	Attend any beginner Cycle or Step class at West Seattle	Attend a Step class at West Seattle	Attend any group exercise class at West Seattle or Fautleroy

NAME _____ PHONE _____

EMAIL _____