

JULY FITNESS CHALLENGE!

FIRECRACKER FITNESS BINGO!

Light up your summer with this fun and active challenge! Complete 5 in a row (across, down, or diagonal) to get BINGO. Feeling ambitious? Go for a BLACKOUT by completing the entire card! Bring your completed card to the front desk to be featured on our Wall of Firecrackers!

★	★	★	★	★	★	★	★	★	★	★	★	★
★	Take a group fitness class	30-Minute Walk	Try a New Machine	Stretch for 10 Minutes	Workout with a friend	★	★	★	★	★	★	★
★	Track Your Water for a Day	Do 25 Push-Ups (Any Variation)	FREE SPACE!	Attend Class Before 9AM	Do a 1-Minute Plank	★	★	★	★	★	★	★
★	Use a Foam Roller	Try a YMCA App Workout	Take the Stairs all Day	15 Minutes of Cardio	Post a Sweaty Selfie with #FirecrackerFitness	★	★	★	★	★	★	★
★	Do 20 Squats	Walk a Mile	Try a Yoga or Pilates Class	Log a Workout 3 Days in a row	Try a YMCA On-Demand Video	★	★	★	★	★	★	★
★	Try a Workout in a Pool	High-Five a Staff Member	Log Your Meals for a day	Meditate for 5 Minutes	Invite a Friend to Join You at The Y	★	★	★	★	★	★	★
★	★	★	★	★	★	★	★	★	★	★	★	★

Name: _____ Date Completed: _____



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