

JUNE FITNESS CHALLENGE!

JUMP INTO JUNE!

30 DAYS. 1 GOAL. A HEALTHIER, STRONGER YOU.



Whether you're just starting out or already crushing your workouts, this month-long challenge is designed to help you stay consistent, push your limits, and feel your best heading into summer.

JUNE 2025

WEEK 1

TAKE 2 GROUP FITNESS CLASSES

WEEK 2

LOG 15,000 STEPS IN ONE DAY

WEEK 3

TRY A NEW PIECE OF EQUIPMENT
OR EXERCISE

WEEK 4

WEEK 4: BRING A FRIEND TO
WORKOUT WITH YOU



YMCA OF LONG ISLAND

Bay Shore • East Hampton • Patchogue
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