

OCTOBER FITNESS CHALLENGE!

NO TRICKS, JUST FITNESS!



OCTOBER 2026

No tricks, just fitness! Take on four frightfully fun weekly challenges designed to keep you moving, build strength, boost your cardio, and help you finish October strong.

WEEK 1

MOVE MORE

Your Challenges: Get 30 minutes of movement each day for 5 days.
Walk, swim, cycle, take a class, or hit the gym—just keep moving!

WEEK 2

STRENGTHEN UP

Your Challenges: Complete 3 strength workouts this week.
Focus on your full body and choose weights or exercises that challenge you.

WEEK 3

CARDIO BOOST

Your Challenges: Get 20 minutes of cardio for 4 days this week.
Walk, run, bike, swim, dance—whatever gets your heart pumping!

WEEK 4

FINISH STRONG

Your Challenges: Complete 4 workouts in 7 days.
End the month on a high note and celebrate how far you've come!



YMCA OF LONG ISLAND

Bay Shore • East Hampton • Patchogue
Glen Cove • Huntington

**START
CHALLENGE!**

