

FOR YOUTH DEVELOPMENT® FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY



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	Take a Scher Sneakers Alteres or 1904 Ches	Exergitate a Coathing Exercation Appointment	Wok 30 Minutes on the Quidear ar Indoor Tools	Enrothen Softe Annual Essing Campage
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Our 2020 Wellness Challenge begins January 20, 2020!

Register January 13–17, 2020

January 20: THE CHALLENGE BEGINS!

	Pay Pickleball or Atsend a Picklebal Tournament	Take a HIP HOP DAM or Zumba Class	Attend Ether Community Health Fair Mar. 5 (2) Holory Y or Rise, 21 (2) Studied Y	Do 20 Menutes of Candia in the Fitness Centar	Take a Yoga Closs
PI	Tink a VMCA Instation Rev Normady Dan't Unit (Money Faundation or Addam 1, Shuffard 3, YMCA)	Take a Bootcamp Cless	Tale a Power Catts Class	Introduce Yourself to a Staff Henber	Swim 10 Laps In the Pool or Attend a Water Aerabics Class
	Take any New Class not Taken Before	Take a PiYa or Barre Class	the	Take a Spin Cless	Stop-by the Front Desk for a Trive One Week' Pass to Give to a Friend
S	Caveribute Is the Annual Sixing Campeign	Walk 30 Minutes on the Outdoor or Indoor Track	Complete a Coaching Connection Appointment	Taka a Sheer Sneokers Pilates or TRX Class	Play in the Sym for 20 Minutes (Bolentol, Notestal, Mitchar, Wall, etc.)
to	Rate the VMCA of Catawha Valley on Google or Facebook	Attend a Filmess Extravogance Rec 10 (Encloy Y or Mar 21 (E Studied Y	Foliov/ or 'Life' the VMCA.of Catavitis Valley on Fill, Instagram or Twitter	Do 30 Minutes of Strength Tsaking in the Fitness Center	Bring a Related to the Y

BINGO

All participants will receive their BINGO cards! RIZES awarded for first BINGO and T-shirt for COVERALL

Submit completed cards to Y Staff by March 20th!

Set up Wellness appointments with a Wellness Coach to discuss your goals

Talk with health professionals about stress and nutrition



February 20: Weight Lifting Challenge!

Hosted by: Bryan Allard, Freemotion Fitness

There will be PRIZES!

Also, this is a check-in date with your Wellness Coach.



March 20: That's a wrap!

Final check in with your Wellness Coach

PRIZES awarded!