

# MARCH MADNESS WELLNESS CHALLENGE

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## OFFICIAL RULES

### Scoring

1 minute of approved exercise = 1 point scored.

### Eligible Activities (all count for points)

- Group Fitness classes
- Cardio machine workouts
- Lap swimming
- Dance classes

Important: All workouts must take place inside the Brooks Family YMCA to count toward points.

### Dates and Advancement

Participants advance each round based on total points for that week.

- 1st Round: March 1–7 (top 64 advance)
- 2nd Round: March 8–14 (top 32 advance)
- 3rd Round: March 15–21 (top 16 advance)
- Sweet Sixteen: March 22–28 (top 4 are the Final Four winners)

### How to Enter

- Register online: [PiedmontYMCA.org/wellness-programs](http://PiedmontYMCA.org/wellness-programs)
- Pick up your official game ticket at the Wellness Desk
- All participants must sign up by March 3

### How to Validate Your Workout (required)

Your ticket must be signed by a YMCA staff member after your workout is completed.

- Group Fitness: Instructor signature required
- All other eligible activities: Ask the appropriate YMCA staff member on duty for a signature

### Weekly Deadline and Notifications

- Return your ticket to the Wellness Desk by close on Saturday for points to count
- You will be notified by email on Sunday if you advanced to the next round

### Questions?

Contact Jeri Evans: [jevans@piedmontymca.org](mailto:jevans@piedmontymca.org) / 434-270-7535

