



SPRING INTO FITNESS WELLNESS CHALLENGE

RULES & INFORMATION

WHEN: April 1-30, 2025

WHERE: Brooks Family YMCA

WHY: Explore everything the YMCA has to offer and try out new fitness equipment while staying active!

RULES:

1. Complete tasks on the Spring Into Fitness Bingo Sheet and collect a YMCA stamp for each one.
2. Finish the entire board to be entered into the raffle for a prize!
3. Turn in your completed Bingo card at the Wellness Desk to qualify for the raffle.

WHERE TO GET STAMPS: Membership Desk & Wellness Attendants will provide a stamp each time you complete a task.

WHERE TO COMPLETE TASKS:

SPRINT 8: Available on Life Fitness cardio equipment (preprogrammed)

ON-DEMAND TRAININGS: Life Fitness cardio equipment (preprogrammed)

MEMBERSHIP DESK: Verify phone number & email, update membership photo, bring a friend, check in 10 times.

LUNCH & LEARN: April 8 | 12:30-1:30 PM | Community Room

NUTRITION CLASS: April 15 | 6:00-7:00 PM | Community Room

Questions? Contact Jess Bachman at jbachman@piedmontymca.org / (434) 270-7548





TASKS

SPRINT 8: Sprint 8 is a preprogrammed HIIT workout available on Matrix treadmills, featuring beginner to advanced settings. The treadmill guides users through high-intensity intervals with increased speed and incline, followed by recovery periods.

ON-DEMAND TRAININGS: Life Fitness cardio equipment offers preprogrammed "On-Demand" training videos, allowing users to follow along as an instructor leads a structured workout.

MEMBERSHIP DESK: Stop by the Membership Desk to verify your phone number, email, and update your profile photo. Staff can also confirm check-in records and sell day passes as needed.

LUNCH & LEARN: April 8 | 12:30-1:30 PM, Community Room
Take a break and join us for an engaging discussion on wellness and personal growth.
This month's topic: "Preventing Burnout from the Inside Out" – Learn strategies to manage stress, boost resilience, and protect your well-being.

NUTRITION CLASS: April 15 | 6:00-7:00 PM, Community Room
Explore a variety of nutrition topics designed to educate and empower you with healthy eating habits for a balanced lifestyle.

