



GO for the GOLD



Family Y Winter fitness Olympics

January 1st through February 28, 2018

Entry Fee: Members- \$25, Non-Members- \$25 plus \$100 unlimited use of the YMCA for January and February otherwise day fees apply (after Olympics no joiners fee)

Receive Points for completing each challenge as many times as possible.

(Picture proof or fitness instructor approval for each challenge completed for points accepted)

- Each Class attended -2pts
- First trial of each class -5pts
- 5 classes attended in one week -10pts
- 50 reps of any one total body move -2pts
- Bike for 10 miles -5pts
- Swim for 10 laps -5pts
- Run 1mile -5pts
- Row for 10mins -5pts
- Post your healthy meal @ Albert Lea Family Y Facebook page -1pt
- Facebook check-in @ Albert Lea Family Y Facebook page -1pt
- Post Outdoor Physical activity with family @ Albert Lea Family Y Facebook page -2pts

1st, 2nd, & 3rd Place metals and prizes for Males

1st, 2nd, & 3rd Place metals and prizes for Females

Prizes: Chamber bucks, YMCA clothing, & Personal training. Additional prize drawings for all points.

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Name: _____ Address: _____

Phone: _____ Email: _____

