

W I N T E R W E L L N E S S
B I N G O C H A L L E N G E

BINGO

ATTEND A SATURDAY MORNING GROUP FITNESS CLASS

ATTEND AN EVENING GROUP FITNESS CLASS

THANK A YMCA STAFF MEMBER FOR THEIR HARD WORK

COMPLETE A WELLNESS CENTER ORIENTATION SESSION

INTRODUCE YOURSELF TO SOMEONE NEW

BRING A NON-MEMBER FRIEND TO THE YMCA

LIKE & FOLLOW FFY ON FACEBOOK & INSTAGRAM

GET 10,000 STEPS 5X IN ONE WEEK

POST AN AFTERWORK OUT SELFIE ON SOCIAL AND TAG THE FFY

VISIT THE Y 5X IN ONE WEEK (SUN-SAT)

SWIM 10 LAPS OR ATTEND A WATER AEROBICS CLASS

ATTEND A LES MILLS CLASS (PUMP, CORE, BALANCE)



WALK/RUN 30 MINS ON THE INDOOR WALKING TRACK

ATTEND & PARTICIPATE IN A DROP IN ADULT SPORT

GET A FRIEND OR FAMILY MEMBER TO JOIN THE Y!

ATTEND A GROUP FITNESS CLASS BEFORE 7 AM

FILL OUT AND TURN IN YOUR 2025 GOALS SHEET

DO 30 MINS OF STRENGTH TRAINING IN THE WELLNESS CENTER

DO 30 MINS OF CARDIO IN THE WELLNESS CENTER

DRINK AT LEAST 64 OZ OF WATER 5 DAYS IN A ROW

MAKE AN ADDITIONAL DONATION TO THE FREMONT YMCA

SHARE 3 FREMONT YMCA POST ON SOCIAL MEDIA

PLAY PICKLEBALL FOR 30 MINS

ATTEND A TAI CHI, YOGA, OR BODY BALANCE CLASS

FREMONT FAMILY YMCA
RULES ON THE BACK

1. COMPLETE 5 SQUARES IN A ROW OR
DIAGNOL TO WIN A BINGO PRIZE. MULTIPLE
BINGO PRIZES ARE ALLOWED WITHIN THE
MONTH.

2. MAXIMUM OF 3 BINGO PRIZES PER
PERSON.

3. ALL SQUARES MUST BE DATED AND
INITIALED BY THE APPROPRIATE YMCA
STAFF MEMBER.

4. ALL CARDS MUST BE PRESENTED TO
ANGIE DECKER OR ASHLEY REMINGTON TO
RECEIVE YOUR PRIZE.

5. THIS BINGO CHALLENGE RUNS FROM
JANUARY 1ST – FEBRUARY 1ST 2025.

NAME:

TURN IN GOALS SHEET & BINGO CARDS TO ANGIE
DECK OR ASHLEY REMINGTON.
(EMAIL ASHLEYR@FREMONTFAMILYYMCA.ORG)