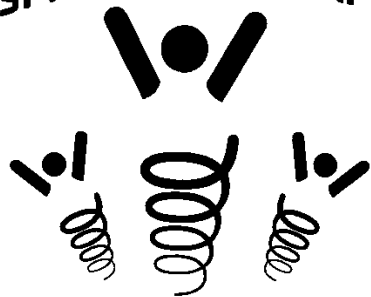


SPRING INTO SHAPE



## FITNESS CHALLENGE

Begins April 1<sup>st</sup>

### The Rules:

1. Pay the \$7.00 registration fee
2. Decide what your weekly point goal is going to be
3. Exercise: whether that's on our cardio equipment, in our pool, by taking one of our group exercise classes, playing basketball, or even exercising on your own outside of the building
4. Participants must earn 4 out of their 6 weekly point goals in order to get a shirt at the end of the challenge.

### New Addition this year:

Age Groups: This year you will be competing with those in your age group!

Ages: 14-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 & up.

# Spring into Shape

## Points System:

You earn a different number of points for different activities. So try them all!

### One point for:

- 30 minutes of free weights/matrix weight equipment
- Adult swim classes
- "Checking in" at the Danville Family YMCA on Facebook. (Once per day, show to front desk staff for confirmation)

### Two Points For:

- Bringing a nonmember to a group-ex class (1 time)
- Trying something different from your usual workout routine.
- Every 5 miles of bike riding

### Five points for:

- 1 hour in Basketball Gym
- 1 hour of Pickleball
- Cardio Mix
- Cycle & Cycle30
- Strength Train Together/Group Power
- H.I.T.
- Master Swim
- Power Yoga
- Pilates
- Senior TRX
- Silver Sneakers
- Step Mix
- TRX
- Water Aerobics
- Water Rehab
- Weights in Motion
- Yoga
- Zumba



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FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

### Six Points For:

- .5 mile or 30 minutes of lap swim
- Every 3 miles on treadmill or elliptical
- Every 2 miles on the Riverwalk Trail
- Every two miles on the indoor track
  - \*\* The mile amounts are cumulative, they do not have to be done at once. \*\*
- Logging 5 or more Activtrax workouts

### Ten Points For:

- Working out at the Y every day for a week
- Reaching 10,000 steps per day by tracking your steps.

### Twenty Points For:

- Scheduling and attending an Activtrax evaluation
  - Can be on initial evaluation or a re-evaluation (2 times max)
- Scheduling and attending an InBody Scan Appointment
  - Can be on initial evaluation or a re-evaluation (2 times max)
- 1 session with our Personal Trainers
- Participating in the Bridge to Bridge 5k Run or Walk

### 30 Points For:

- Participating in the YMCA's Healthy Kids Day
- Participating in the Bridge to Bridge 10K run or 40 mile bike ride

\*\* Check the Danville Family YMCA Facebook page every week to earn extra points through challenges and various classes throughout the week. \*\*



# Spring into Shape

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## Registration Form

Team Name: \_\_\_\_\_

Name: \_\_\_\_\_

Age: \_\_\_\_\_ Gender: \_\_\_\_\_

Email Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Team Point Goal: \_\_\_\_\_

Individual Weekly Point Goal: \_\_\_\_\_



## Determining your Goal for Points:

### Individual:

Individuals will determine a weekly point goal to achieve in the 6 weeks fitness challenge. Participants must achieve their goal for 4 out of the 6 weeks in order to get a shirt at the end of the challenge.

### Team:

Each team will determine a points goal to achieve in the 6 week fitness challenge. There may be up to 5 people working together on each team. The point goal must be achieved by May 15<sup>th</sup> for the team to receive a shirt at the end of the challenge.

\*\* A minimum of 300 points for each team.

## Logging your Points:

Individuals and teams will log points on their weekly point sheets. There will be extra copies of the sheets at the Wellness Desk. The sheets are to be turned in by Sunday of every week. The scores will be posted weekly on a whiteboard at the Wellness Desk at the end of every Monday!

## Bonus:

Individuals and teams will log points by posting pictures on Facebook and tagging the Danville Family YMCA in the caption. Individuals will caption the picture with their name, exercise performed, the duration of the workout, and total number of points achieved by completing the exercise. Team are to caption pictures with name, team name, and exercise activity, duration, and number of points achieved for the workout.

## Contact Us:

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