



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

HEALTHY HOLIDAY PAYBACK CHALLENGE

STAY FOCUSED ON YOUR HEALTH DURING THE HOLIDAYS

Challenge runs from November 18th through January 13th

Registration Begins: November 1st

Teams led by Certified Instructors

Entry Fee: \$20.00

Prizes for Winning Team, Best Shirts, Most Classes Taken

Wrap-up Celebration: January 20th (time & location TBA)

Challenge Kickoff is Sunday Nov 18!

Join us from 4–5pm at the King George Family YMCA

Meet your team mates and coach, pick up your packets and get some great nutrition tips.

For more info, contact Kari Dame: 540-775-9622 ext 3055 or kdame@family-ymca.org

CHALLENGE HIGHLIGHTS:

Each team has a coach to help.

Prizes will be awarded to both teams and an individuals.

Bingo cards with varying point values.

Points will be awarded for:

- Attending group fitness classes.
- Completing the challenge work out (posted on the Rapp Y Fit app).
- Attending new classes.
- Trying a different YMCA branch.
- Weight and/or inches lost.
- Downloading the Rapp Y Fit app and joining our group.



KING GEORGE FAMILY YMCA
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