

BINGO

Follow us
on
Facebook

Attend a
Strength
Training
Class

Download
the
YMCA360
App

Try a new
group
exercise
class

Attend a
mind/
body
class

Try a virtual
class on the
YMCA 360
App

Complete
personal
training
session

Complete
a Peloton
bike ride

Join the
Reset
Facebook
page

Complete
a
Sprint8**

Attend a
water
class

Bring a
Friend

FREE

Sign up
for the
Murph
Challenge

Drink 64
oz. of
water

Attend a
cardio
class

Sign up for
Wellness
Orientation

30 minutes of
strength
training
in the
Wellness
Center

Join a
Bootcamp
class

30 minutes
of cardio in
Wellness
Center

Try a
Yoga
class

Make a
new
friend at
the Y

Sign up for
upcoming
program/
event

Play
Pickleball,
Racquetball
or
Tennis

Attend
a cardio
class

*| **See Wellness Center for more details

Winners will be drawn and notified on June 3, 2024

Name:

Email:

Phone:

BINGO

Join the Facebook Reset page	Walk 10,000 steps	Visit another branch	Work out in Core and More	Bring a friend
Attend a cycle class	Consume 2 servings of Vegetables	Attend BPSM a Nutrition Seminar	Attend a group exercise class	Try a Zumba class
Follow us on Facebook	Scan in with the YMCA360 App	FREE	Sign up for the Murph Challenge	Visit the Giving Garden
Attend a Strength Training class	Sign up to Volunteer	Try a new group exercise class	Complete a Peloton bike ride	Make a Give Day Donation
Complete a Sprint 8**	Attend a mind/body class	Complete a personal training session	Sign up for a Wellness Orientation	Attend a cardio class

* | **See Wellness Center for more details (Massad YMCA)

Winners will be drawn and notified on June 3, 2024

Name:

Email:

Phone:

BINGO

Join the Cornerstone Society	Walk 10,000 steps	Visit another branch	Sign up for the Murph Challenge	Bring a friend
Attend a cycle class	Consume 2 servings of Vegetables	Attend BPSM Nutrition Seminar	Attend a group exercise class	Try a Zumba class
Scan in with the YMCA360 App	Follow us on Facebook		Try a Martial Arts class	Join the Run Club
Register for an upcoming program or event	Sign up to Volunteer	Try a Therapeutic Group Exercise class	Sign up for a Community Health program	Make a Give Day Donation
Play Pickleball, Racquetball or Tennis	Attend a strength training class	Scan in with the YMCA360 App	Try a class with a new instructor	Attend a cardio class

*| **See Wellness Center for more details (Caroline YMCA)

Winners will be drawn and notified on June 3, 2024

Name: _____

Email: _____

Phone: _____

BINGO

Join the Cornerstone Society	Walk 10,000 steps	Visit another branch	Sign up for the Murph Challenge	Bring a friend
Attend a cycle class	Try MX4 (Ron Rosner Branch)	Attend BPSM Nutrition Seminar	Attend a group exercise class	Try a Zumba class
Scan in with the YMCA360 App	Attend a mind/body class	FREE	Try a Martial Arts class	Follow us on Facebook
Try a Kickboxing Class	Sign up to Volunteer	Try a Water Exercise class	Sign up for a Community Health program	Make a Give Day Donation
Try a TRX class	Register for upcoming program/event	Attend a strength class	Attend a HITT class	Attend a cardio class

* | **See Wellness Center for more details (RR YMCA)

Winners will be drawn and notified on June 3, 2024

Name: _____

Email: _____

Phone: _____

BINGO

Join the Cornerstone Society	Walk 10,000 steps	Visit another branch	Sign up for the Murph Challenge	Bring a friend
Attend a cycle class	Try Gravity (KG Branch)	Attend BPSM Nutrition Seminar	Attend a group exercise class	Try a Zumba class
Scan in with the YMCA360 App	Attend a mind/body program	FREE	Try a Martial Arts class	Walk, Jog, or Run 1 Mile
Try a Kickboxing Class	Sign up to Volunteer	Try a Water Exercise class	Sign up for a Community Health program	Make a Give Day Donation
Try a TRX class	Register for upcoming program/event	Try a new machine in the Wellness Center	Sign up for a Fitness Orientation	Attend a cardio class

* | **See Wellness Center for more details (KG YMCA)

Winners will be drawn and notified on June 3, 2024

Name:

Email:

Phone: