

90TH ANNIVERSARY SUMMER FITNESS CHALLENGE!

Join us in celebrating our Y's 90th Anniversary, by participating in our Summer Fitness Challenge! This unique challenge will run in two parts, so you have two chances to win great prizes at the end of the summer!



PART ONE **June 1st – June 30th**

Show us that you have burned 3,100 calories during the month of June!

PART TWO **July 1st – September 3rd**

Choose a difficulty level and complete all of the corresponding fitness activities!

SIGN UP NOW IN OUR FAMILY FITNESS CENTER!

Prizes will be awarded at the end of the summer, after all parts of the challenge have been completed!

Members who participate in both Parts One and Two of the challenge will automatically receive ten additional "visits" for the Seize the Summer tie-in!

Please see reverse for more challenge rules, details, and suggestions!

GET READY FOR A CHALLENGE!

1. Commit to pushing yourself this summer!
2. Write your name (First and Last Initial) on the chart in the Family Fitness Center to track your progress!
3. Log your activity on the chart OR upload a picture or video of your workout onto Instagram, using the hashtags #CCAYMCA and #summerchallenge!



Part One – June

Burn 3,100 calories during the month of June– that’s about 100 calories per day!

Need some suggestions? The following exercises will burn approximately 100 calories each! Try running for 25 minutes on a treadmill, climbing for 20 minutes on the stairmaster, or spending 25 minutes on the elliptical! You can also try doing 75 jumping jacks, 75 pushups, or 50 burpees!

*Please note, actual calories burned will depend on weight, age, intensity, and other factors.

Part Two – July & August

Choose a difficulty level, and be sure to complete all of the corresponding activities!

NOVICE– Complete 5 miles each month (run, walk, climb, jog, or bike!), complete 50 push-ups each month, and attend one group exercise class per month!

BEGINNER– Complete 7 miles each month (run, walk, climb, jog, or bike!), complete 100 squats per month, and attend 3 group exercise classes per month!

MODERATE– Complete 10 miles each month (run, walk, climb, jog, or bike!), complete 15 pull-ups each month, and attend 5 group exercise classes each month!

ADVANCED– Complete 20 miles each month (run, walk, climb, jog, or bike!), complete 150 burpees each month, complete 25 pull-ups each month, and attend 10 group exercise classes each month!