



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

START JANUARY STRONG WITH THIS MONSTER CHALLENGE

Complete the challenge for each of the four weeks to be entered into a raffle to win a prize. More than 1 winner will be selected. See the rules a detail for each challenge in the App.

WEEK 1 (Jan. 1–8): Complete a total of 35 miles!

WEEK 2 (Jan. 9–16): Complete a total of 6 workouts

WEEK 3 (Jan. 17–23): Burn a total of 4000 calories
(rules and details in App)

WEEK 4 (Jan. 24–31): Complete Jose's Killer weekly workout routine

(Found in the Top Picks section in the mobile app!)

Don't have the app yet?

Download it today and receive an additional raffle entry. To download the app, simply search "YMCA of Vineland" in your app store.



FEATURES OF THE Y MOBILE APP:

- Training plans with exercise examples
- Customize your own training plans with a database of exercises!
- Connect your YMCA scan card
- Link your fitness tracker: Fitbit, Apple Watch, Garmin, Polar, MyFitnessPal, and more
- Log your workouts
- Participate in challenges to win rewards
- View classes
- Monthly rankings – see where you stand amongst other Y members!
- BioAge analysis

The App is easy to use
and we can't wait for you
to get started!

Need Help? See a Fitness Attendant for assistance.

Cumberland Cape Atlantic YMCA

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