

Summer Shape Up

YMCA AQUATIC CENTER SUMMER 2009

Whether you are inside, poolside, or courtside trying the new Wellness areas and programs, you can participate in the Summer Shape Up contest!

Register by starting your point card by speaking with a Wellness staff member. You earn points by participating in Wellness classes, workouts, and events.

Quick Q & A

Q: How do I sign up?

A: Get your point card from Wellness or front desk staff person. You may keep this card in our file cabinet left at the front desk.

Q: How do I earn points?

A: Get your card validated from an instructor or front desk staff member once you have completed your workout.

Q: How are the points earned?

A: For every class you attend you earn a point. For every swim, racquetball, or fitness center workout you earn a point.

Q: Is there a limit on points earned per day?

A: No, for every class you earn a point. If you attend 3 classes, you earn three points with the instructor signature verifying you participated in the class. Only one point will be given for each workout in the fitness center, pool, or racquetball courts.

Q: What happens after I earn 10 points?

A: Turn in your point card to Ensley Riley, Wellness Director and your name will be entered for the grand prize drawing!

IT'S EASY to earn points. Here are some suggestions on how to get started!



-Group Exercise

- Silver Sneakers
- Kickboxing
- Zumba
- Total Body Training
- Abs/Core
- Spinning
- Tai Chi
- Yoga
- Water Fitness-Shallow and Deep

-Personal Training

- Any session with a trainer
- Participating in our FREE sessions (see "Jump Start" info for details)

-Any Tae Kwan Do class

-Racquetball

-Working out in the Fitness Center or Pool

After you earn 10 points you will receive a small prize and will be entered into the grand prize drawing. On August 14th the grand prize drawing will take place and FIVE members will win TWO TICKETS TO SEA WORLD! Good luck and have a healthy summer!