## Ololiday Challenge

## November 24th through January 1st This Card Belongs To:

Member Phone number and email address:

BONUS: SEE BACK for the 12 Days of Fitness Bonus Candstarting December 13th - December 24th!

FAMILY HEALTH & FITNESS CENTER

Check off AND date the class you have taken and have the instructor sign the box.

| □ DATE:           | □ DATE:                   | □ DATE:               |
|-------------------|---------------------------|-----------------------|
| Heavy Bag Circuit | Slo Mo Box                | Functional Fitness    |
| □ DATE:           | □ DATE:                   | □ DATE:               |
| BODYPUMP          | Cardio Kickbox            | Zumba                 |
| □ DATE:<br>F.I.T  | □ DATE:                   | □ DATE:               |
| F.I.T             | Step 1                    | Piyo                  |
| □ DATE:           | □ DATE:                   | □ <b>DATE</b> :       |
| Combo Express     | Anything goes             | RPM                   |
| □ DATE:           | □ DATE:                   | □ DATE:               |
| Step Jam          | EZ Intervals              | Cycle                 |
| □ DATE:           | □ DATE:                   | □ DATE:               |
| Cardio Party      | Tai Chi                   | Aqua class( lap pool) |
| □ DATE:           | □ DATE:Pilates            | □ DATE:               |
| BodyVive          |                           | Deep water class      |
| □ DATE:           | □ <i>DATE</i> :Any 8:25am | □ <b>DATE</b> :       |
| Wellness Combo    | class in MB studio        | Yoga                  |
| □ DATE:           | □ DATE:                   | □ <b>DATE</b> :       |
| Fortitude         | Class:                    | Class:                |

## 12 Days of Fitness Bonus Card

## The 12 Days of Fitness at The Works!

|  | a dath                            | December 15 <sup>th</sup>  |
|--|-----------------------------------|--|
| December 13 <sup>th</sup>                      | December 14 <sup>th</sup>         |  |
|  | 2nd Day of Fitness The Works      | 3rd Day of Fitness The Works   |
| Ist Day of Fitness The Works                   | gave to me                        | gave to me   |
| gave to me                                     | 2 -Pull-ups                       | 3- 20 second wall sits   |
| 1- 30 second plank                             | 1- 30 second plank                | 2- Pull-ups  |
|  | 1 00 0000 P                       | 1- 30 second plank   |
|  | ) 47th                            | December 18 <sup>th</sup>  |
| December 16 <sup>th</sup>                      | December 17 <sup>th</sup>         |  |
| The World                                      | 5th Day of Fitness The Works      | Control of Fitness The Works   |
| 4th Day of Fitness The Works                   | gave to me                        | gave to me   |
| gave to me 4- Burpees                          | 5- Push-ups                       | 6- Tricep Dips   |
| 3- 20 second wall sits                         | 4- Burpees                        | 5- Push-ups  |
| 2- Pull-ups                                    | 3- 20 second wall sits            | 4- Burpees 3- 20 second wall sits  |
| 1- 30 second plank                             | 2- Pull-ups                       | 2- Pull-ups  |
| 1- 20 secour kinny                             | 1- 30 second plank                | 1- 30 second plank   |
|  |                                   | · · · · · · · · · · · · · · · · · · ·                                    |
| D. J. J. 40 <sup>th</sup>                      | December 20 <sup>th</sup>         | December 21st  |
| December 19 <sup>th</sup>                      |                                   | 9th Day of Fitness The Works   |
| ☐ 7th Day of Fitness The Works                 | 8th Day of Fitness The Works      | gave to me   |
| gave to me                                     | gave to me                        | 9- Shoulder Presses  |
| 7- Hip Bridges                                 | 8- Squats                         | 8- Squats  |
| 6- Tricep Dips                                 | 7- Hip Bridges                    | 7- Hip Bridges   |
| 5- Push-ups                                    | 6- Tricep Dips                    | 6- Tricep Dips   |
| 4- Burpees                                     | 5- Push-ups                       | 5- Push-ups  |
| 3- 20 second wall sits                         | 4- Burpees 3- 20 second wall sits | 4- Burpees   |
| 2- Pull-ups                                    |                                   | 3- 20 second wall sits   |
| 1- 30 second plank                             | 2- Pull-ups                       | 2- Pull-ups  |
|  | 1- 30 second plank                | 1- 30 second plank   |
|  |                                   | December 24 <sup>th</sup>  |
| December 22 <sup>nd</sup>                      | December 23 <sup>rd</sup>         | _  |
|  | ☐ 11th Day of Fitness The         | ☐ 12th Day of Fitness The  |
| 10th Day of Fitness The                        | Works gave to me                  | Works gave to me   |
| Works gave to me 10 Reverse lunges (each side) | 11 Medicine ball wood chops       | In Death areas results   |
| 9- Shoulder Presses                            | (each side)                       | <ul><li>12- Bent over rows</li><li>11 Medicine ball wood chops</li></ul> |
| 8- Squats                                      | 10 Reverse lunges (each side)     |  |
| 7- Hip Bridges                                 | 9- Shoulder Presses               | (each side) 10 Reverse lunges (each side)                                |
| 6- Tricep Dips                                 | 8- Squats                         | 9- Shoulder Presses  |
| 5- Push-ups                                    | 7- Hip Bridges                    |  |
| 4- Burpees                                     | 6- Tricep Dips                    | 8- Squats 7- Hip Bridges   |
| 3- 20 second wall sits                         | 5- Push-ups                       | 6- Tricep Dips   |
| 2- Pull-ups                                    | 4- Burpees                        | 5- Push-ups  |
| 1- 30 second plank                             | 3- 20 second wall sits            | 4- Burpees   |
| 1- 20 account brank                            | 2- Pull-ups                       | 3- 20 second wall sits   |
|  | 1- 30 second plank                | 2- Pull-ups  |
|  |                                   | 1- 30 second plank   |
|  |                                   | 1. 20 second blank   |

BONUS: Complete the 12 Days of Fitness Bonus Card

December 13th - December 24th and will be entered in the raffle to win ALL THREE PRIZES