

Holiday 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 Card-
starting December 13th - December 24th!**

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

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

12 Days of Fitness Bonus Card

The 12 Days of Fitness at The Works!

<p>December 13th</p> <p><input type="checkbox"/> 1st Day of Fitness The Works gave to me...</p> <p>1- 30 second plank</p>	<p>December 14th</p> <p><input type="checkbox"/> 2nd Day of Fitness The Works gave to me...</p> <p>2- Pull-ups 1- 30 second plank</p>	<p>December 15th</p> <p><input type="checkbox"/> 3rd Day of Fitness The Works gave to me...</p> <p>3- 20 second wall sits 2- Pull-ups 1- 30 second plank</p>
<p>December 16th</p> <p><input type="checkbox"/> 4th Day of Fitness The Works gave to me...</p> <p>4- Burpees 3- 20 second wall sits 2- Pull-ups 1- 30 second plank</p>	<p>December 17th</p> <p><input type="checkbox"/> 5th Day of Fitness The Works gave to me...</p> <p>5- Push-ups 4- Burpees 3- 20 second wall sits 2- Pull-ups 1- 30 second plank</p>	<p>December 18th</p> <p><input type="checkbox"/> 6th Day of Fitness The Works gave to me...</p> <p>6- Tricep Dips 5- Push-ups 4- Burpees 3- 20 second wall sits 2- Pull-ups 1- 30 second plank</p>
<p>December 19th</p> <p><input type="checkbox"/> 7th Day of Fitness The Works gave to me...</p> <p>7- Hip Bridges 6- Tricep Dips 5- Push-ups 4- Burpees 3- 20 second wall sits 2- Pull-ups 1- 30 second plank</p>	<p>December 20th</p> <p><input type="checkbox"/> 8th Day of Fitness The Works gave to me...</p> <p>8- Squats 7- Hip Bridges 6- Tricep Dips 5- Push-ups 4- Burpees 3- 20 second wall sits 2- Pull-ups 1- 30 second plank</p>	<p>December 21st</p> <p><input type="checkbox"/> 9th Day of Fitness The Works gave to me...</p> <p>9- Shoulder Presses 8- Squats 7- Hip Bridges 6- Tricep Dips 5- Push-ups 4- Burpees 3- 20 second wall sits 2- Pull-ups 1- 30 second plank</p>
<p>December 22nd</p> <p><input type="checkbox"/> 10th Day of Fitness The Works gave to me...</p> <p>10 Reverse lunges (each side) 9- Shoulder Presses 8- Squats 7- Hip Bridges 6- Tricep Dips 5- Push-ups 4- Burpees 3- 20 second wall sits 2- Pull-ups 1- 30 second plank</p>	<p>December 23rd</p> <p><input type="checkbox"/> 11th Day of Fitness The Works gave to me...</p> <p>11 Medicine ball wood chops (each side) 10 Reverse lunges (each side) 9- Shoulder Presses 8- Squats 7- Hip Bridges 6- Tricep Dips 5- Push-ups 4- Burpees 3- 20 second wall sits 2- Pull-ups 1- 30 second plank</p>	<p>December 24th</p> <p><input type="checkbox"/> 12th Day of Fitness The Works gave to me...</p> <p>12- Bent over rows 11 Medicine ball wood chops (each side) 10 Reverse lunges (each side) 9- Shoulder Presses 8- Squats 7- Hip Bridges 6- Tricep Dips 5- Push-ups 4- Burpees 3- 20 second wall sits 2- Pull-ups 1- 30 second plank</p>

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