



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FALL FITNESS CHALLENGE!



**Get started with your fall fitness
challenge with this 6 week program!**

October 22nd—November 30th

\$10 .00 For members

\$50.00 for Non-members (includes facility usage for the 6 weeks)

The object of this challenge is to complete 30 units of exercise plus one challenge a week for 6 weeks. A unit = 30 continuous minutes of exercise. With some exceptions;

1 unit—30 min. of walking, running, swimming, weights

2 units—any aerobic class, CrossFit class, or personal training session

Anyone who completes this will be awarded a YMCA prize! This is an individual challenge and we will track each persons exercise units to create some competition and see who can come out on top! The standings will be posted weekly on the bulletin board in the main hallway outside the locker rooms. You are responsible for keeping track of your own exercise units in the binder.

(See reverse for registration form)

Contact the YMCA 515-295-7701 for more information



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Program runs from October 22nd to November 3rd.

Regular building hours apply.

(Activities do not need to be done at the Y i.e. running outside, walking outside etc.)

Name: _____

Phone number: _____

\$10 .00 For members

\$50.00 for Non-members

(includes facility usage for the 6 weeks will need to fill out membership application and get a keycard)

Remember to log your time in the binder at the front desk!

Return form and payment to the YMCA. Check payable to the Algona Family YMCA

Office Use Only:
Payment amount: _____ Payment type: _____ Date: _____ Staff Initials: _____