

Name _____ Phone Number _____



Strengthening Your Heart Challenge!

“Complete 12 Cardiovascular Exercise Sessions in the month of February and receive a small prize from the Gaston County Family YMCA.”

February is Healthy Heart Month and we want to help you stay on track with your exercise program. Listed on the back of this sheet are several cardiovascular exercise options you can do throughout the month of February.

- Turn this sheet into a Fitness Attendant with your name & phone number. This sheet will record the days and cardiovascular exercise you complete.
- Each day you complete your cardiovascular program; have a fitness staff member initial your sheet.
- You need to exercise a minimum of 30 minutes and the calendar can only be marked one-time per day.
- Once you have completed your “12” workouts – we have a small prize you can pick up from a Front Desk YMCA Staff Member.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28						

YMCA Mission: To put Christian principles into practice through programs that build a healthy spirit, mind and body for all.

Treadmill
Elliptical
Crosstrainer
Recumbent Bike
Upright Bike
Spin Bike
Water Aerobics
Swimming Laps
Water Walking/Running
Run/Walk Outdoors
Hiking
Jump Rope
Step Class
Zumba
Kickboxing
Fit for Life
Cardio Fusion
Boot Camp
Moms in Motion
Cycling
Judo
Karate
Circuit Training