










12 DAYS OF FITNESS

12 ways to get your workouts in and have fun with the challenge

Directions: Santa has scattered plenty of workout options throughout the YMCA for you to try. Complete each of these workouts during the 12 Days of Fitness Challenge and turn this paper into the front desk for a special heart shaped stress ball! Offer only good while supplies last so get your 12 activities in!



<p><u>Spin Class</u></p> <input type="checkbox"/>	<p><u>Group Ex Class</u></p>  <input type="checkbox"/>	<p>Join the <u>Facebook Group</u> or post a picture of one of your workouts, tag your YMCA branch, and hashtag #12DaysofFitness2021</p> <input type="checkbox"/>	<p><u>Take a Virtual Y Class from Home</u></p>  <input type="checkbox"/>
<p><u>Walk the track</u></p>  <input type="checkbox"/>	<p><u>Cardio Machine Circuit</u></p> <input type="checkbox"/>	<p><u>Weight Room Workout</u></p>  <input type="checkbox"/>	<p><u>Read the Daily Dose Blog from</u></p>  <p>atriumhealth.org/dailydose</p> <input type="checkbox"/>
<p><u>Invite 2 friends to join the challenge</u></p> <input type="checkbox"/>	<p><u>Lap Swim</u></p>  <input type="checkbox"/>	<p><u>Workout with a friend</u></p> <input type="checkbox"/>	<p><u>Yoga Class</u></p>  <input type="checkbox"/>