

# FITMAS IN JULY



Seas 'n Greetings! Complete 12 of the tasks below to be entered into the Y's giveaways. More info on back.

- Walk resistance pool for 20 minutes
- Walk or run one mile around the Y track
- Send a holiday greeting card to a loved one
- Attend a Cardio Tennis class
- Swim 12 laps in the pool
- Do 30 min. on your favorite cardio machine
- Meditate for 15 minutes
- Try a new machine in the weight room
- Complete 15 min. of stretching with a friend
- Drink 8 glasses of water three days in a row
- Complete a random act of kindness
- Donate to the Flamingo Tree
- Complete the family scavenger hunt
- Sing your favorite Holiday Song to a Y staff member
- Complete a Sprint8 program on a Matrix Cardio machine
- Attend a new-to-you group fitness class
- Wear your favorite Hawaiian shirt to the Y
- Play a game of either racquetball or pickleball
- Ask a Y staff member about the Y core values

# Merry Fitmas!

## How to Participate

- Register online or at Member Services
- Grab a card (one card per member)
- Select 12 of the activities to complete
- Once you have completed your chosen tasks, stop by the Member Services desk and let one of our staff know that you have completed your card. Be sure to fill out your contact info before it is placed into our receptacle. This serves as your entry to the raffle!
- Collect your shirt at the Member Services desk, available while supplies last
- Your card will enter you into a drawing for:
  - Three months of free membership
  - Three 30-min Personal Training Sessions
  - and more!

## Drawing Details

- All cards must be turned into the drop boxes by July 31, 2025, end of business
- Drawing will be held Friday, August 1 at 12pm. Tune into our Facebook for the livestream!
- Winners will be contacted on August 1, and their names will be posted on [kzooyymca.org](http://kzooyymca.org)

## More Fitmas Fun!

- July 17: a special Speed Puzzle Night
- Themed Group Ex classes
- Family Scavenger Hunt (and more!)

## Contact Information (name & email):