

WHIRLING THUNDER WELLNESS PROGRAM

Holiday Fitness Challenge

Name: _____

B

Bring partner
to group class

Attend low
impact group
class

Complete
pre-
assessment
BMI

Log 30
minutes of
cardio

Attend water
walking group
class

I

Attend any
adult sports
open gym

Swim 6 pool
laps

Walk 10 gym
laps

Attend group
class of your
choice

Bring a
partner to
group class

N

Attend group
class of your
choice

Attend
women's
strength or
strength
training

Free space

Complete
staff workout
challenge

Attend cardio
and core
group class

G

Jog 10 gym
laps

Bring a
partner to
group class

Attend circuit
training group
class

Swim 10 pool
laps

Complete
post-
assessment
BMI

O

Complete
staff workout
challenge

Attend group
class of your
choice

Complete 200
steps on stair
master

Walk 15 gym
laps

Walk 1 mile on
treadmill

TURN IN CARD BY DECEMBER 31ST TO CLAIM PRIZES
A STAFF MEMBER MUST MARK AS COMPLETE