

20/30 EXERCISE CHALLENGE

Take on the winter workout slump with our annual 20/30 Exercise Challenge. From December 1 to December 30, complete 20 Group Exercise, Fitness or Pilates classes and receive a commemorative t-shirt.

Participants who successfully complete the challenge will also be entered into a raffle to win a private Group Exercise class of your choice for you and up to 20 of your friends, and EBC gift cards.

20/30 EXERCISE CHALLENGE RULES

- Participants must use an official challenge sheet to collect instructors' signatures after each class.
- Instructors cannot sign off on challenge sheets before or during class.
- All Group Exercise, Fitness and Pilates classes will be accepted for the challenge.
- Participants may log more than one class per day.
- Participants may repeat classes.
- Multiple sheets may be combined to reach a total of 20 classes.
- Back-dating signatures is not allowed.
- Participants must turn in completed sheets to the Reservation Desk by Monday, January 7, to receive a t-shirt and be entered into the raffle.

DECEMBER 1 - 30





20/30 EXERCISE CHALLENGE

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Participants must use an official challenge sheet to collect instructors' signatures after each class; instructors will not sign off on challenge sheets before or during class. All Group Exercise, **Fitness and Pilates** classes will be accepted for the challenge, and participants may log more than one class per day. Multiple sheets may be combined to reach a total of 20 classes, however, back-dating signatures to replace a lost sheet is not allowed. Participants must turn in completed sheets to the Reservation Desk by Monday, January 7, to receive a t-shirt and be entered into the raffle.

Member Name: _____ Membership Number: _____

Email Address: _____ T-shirt Size: _____

	Date	Day of Week	Time	Class Title	Instructor Signature
1	_____	_____	_____	_____	_____
2	_____	_____	_____	_____	_____
3	_____	_____	_____	_____	_____
4	_____	_____	_____	_____	_____
5	_____	_____	_____	_____	_____
6	_____	_____	_____	_____	_____
7	_____	_____	_____	_____	_____
8	_____	_____	_____	_____	_____
9	_____	_____	_____	_____	_____
10	_____	_____	_____	_____	_____
11	_____	_____	_____	_____	_____
12	_____	_____	_____	_____	_____
13	_____	_____	_____	_____	_____
14	_____	_____	_____	_____	_____
15	_____	_____	_____	_____	_____
16	_____	_____	_____	_____	_____
17	_____	_____	_____	_____	_____
18	_____	_____	_____	_____	_____
19	_____	_____	_____	_____	_____
20	_____	_____	_____	_____	_____