



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HOLIDAY WELLNESS CHALLENGE

How to complete the Points Challenge:

The POINTS Challenge can be completed in person or online based on classes.

--Complete any of these things listed to earn your points.

Person with the most points at the end of the challenge WINS!

HOW TO EARN POINTS:

Cardio- 30 mins or more = 1 point
(examples: walking, swimming, cardio drumming)

Weights- 30 minutes or more =1 point

Any of our Y Group Exercise Classes (either in-person or virtual*) = 2 points
(See class list on the back of this sheet)

To earn points for attending group exercise classes, you **MUST** check into the class (in-person via the check in sheet or online by commenting on the live stream/video). If you completed the class but did not check in, you will not earn the points.

Like & share on any virtual class on your personal Facebook page=2 points

HOW TO TRACK YOUR POINTS:

Track your fitness points on the sheet posted on the challenge board by the Wellness Center, or the end of each week post on the group exercise classes page*.

***HOW TO FIND THE VIRTUAL GROUP EXERCISE CLASSES:**

During this Holiday Wellness Challenge, our Virtual Group Exercise Classes will be held on our public Group Ex. page so that non-members may also participate. If you are not already an approved member of the public group exercise page, go to Facebook and search on "SIDYMCA". Then click on Sidney-Shelby County YMCA Group X Classes. From there, "Join Group".

Please be sure to answer the questions so that you get approved!