

Maintain, Don't Gain!

Group Fitness BINGO

Fall 2015

Begin filling in your BINGO Board on
Sunday 10/25.

You have 4 weeks to fill your board and turn it in the to
 Fitness Desk by Friday 11/20 at 8:00pm.

**See back for rules and Regulations

B I N G O

Cardio	Dance	Total Body	H.I.	Spin
Aqua	Mind/	Zumba	Cardio	Dance
Total Body	Cardio	Early AM	Spin	H.I.
H.I.	Total Body	Cardio	Mind/ Body	Aqua
Mind/ Body	H.I.	Dance	Total Body	Zumba



Winners will receive a
**FREE Personal Training Session with a
 nationally certified
 ARC Personal Trainer!!!**

Rules & Regulations



1. Pick up your BINGO board and information at the ARC Fitness desk starting Wednesday 10/21.
2. You will have 4 weeks to complete your board. This fitness challenge will last from Sunday 10/25 until Friday 11/20.
3. Take fitness classes that will get you on track to hit BINGO.
4. Give your instructor your BINGO board at the beginning of each class. They will sign your board at the end of the completed class. Don't forget to retrieve the board when class is over!
5. File your BINGO board at the fitness desk.
6. In order to receive your prize, you must turn your board in to the Fitness Desk by Friday 11/20 at 8:00pm.
7. Winners will be notified the week of Thanksgiving.

Cardio- Spin, Spin Sculpt, Cardio Hip Hop, Cardio Sculpt
Zumba

Dance- Cardio Hip Hop, Zumba, Barre

Total Body- Rock Bottom, Kettle Bell Training, Beast Body, P90X/ Insanity, Buns and Guns, Tone and Titan, Fitness 50+

High Intensity (H.I.)- Kettle Bell Training, Beast Body, Buns and Guns, Spin

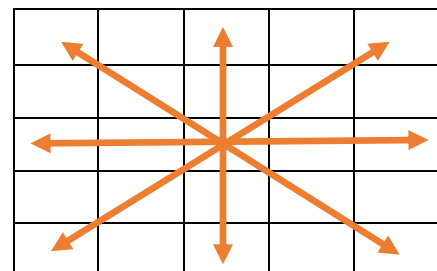
Spin- Spin or Spin Sculpt

Aqua- Aquafit

Mind/Body- Yoga, Acroyoga, Night Owl Yoga, Pilates, Barre

Early AM- P90X/Insanity, Spin

How to Win



Get BINGO by taking 5 classes in a row diagonally, horizontally, or vertically!

UTC Campus Recreation
FITNESS