



12 Days of
FITNESS

VISIT THE Y 12 TIMES IN DECEMBER
TO GAIN PUNCHES AND WIN AN
EXCITING PRIZE!

**TURN COMPLETED CARDS IN TO WELCOME
CENTER BY 12/31**

GAIN PUNCHES FOR WORKING OUT,
SWIMMING, GROUP EX, SPORTS, AND
MORE! WELCOME CENTER OR CLASS
INSTRUCTOR WILL PUNCH CARD

SEE BACK FOR HOW TO GAIN SPECIAL


BONUS PUNCHES!





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**COMPLETE ANY OF THESE SPECIAL
ACTIVITIES TO RECEIVE A BONUS
2 PUNCHES!**

- Volunteer at the Y or any other local charity
 - Donate any amount to our Annual Support Campaign
 - Bring a gift for a child on our Angel Tree
 - Send a holiday card to a resident of a local care facility
 - Bring a friend with you to the Y (day passes are available!)
 - Register for Fit Family - New session starts in January!
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