YMCA

Don't miss the chance to join

NEW YEAR NEW HEIGHTS CHALLENGE

26 JAN | **FITNESS CHALLENGE** RUNS FROM | **16 MAR**

COMPETE AGAINST OTHERS OR CHALLENGE YOUR OWN LIMITS.

MOVE MORE. FEEL BETTER. WIN PRIZES.

ARE YOU READY TO CONQUER YOUR EVEREST?

NEW YEAR • NEW HEIGHTS

How to Earn Feet

Just Show Up
50 feet
Walk through the doors — it all starts here!

Get Moving
150 feet
Every 10 minutes of exercise

Group Fitness Classes
500 feet — 30-minute class
1,000 feet — 1-hour class

Try Something New
2,000 feet
Take a class you've never tried before

Bring a Friend
DOUBLE YOUR FEET FOR THE DAY!
Bring a non-member guest and all points earned that day are doubled

REMINDER GUEST PASSES ARE $10

Track Your Climb
Log your activities regularly and watch yourself reach new heights!