



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# ALL IN

# GROUP FITNESS CHALLENGE

run in conjunction with Weight Loss Contest



**ALL IN** is a 12-week challenge where you can earn points and win prizes for participating in any group fitness (land, water or virtual) and bringing guests.

## HERE'S HOW IT WORKS:

### 1. Pick up an **ALL IN WORKOUT CARD**.

Whenever you complete a group fitness class, ask the instructor to punch your card. You get one (1) point per fitness class. The more classes you take, the more points you receive and the more weight you will loose! You can earn up to seven (7) points a week. Turn in your card after 7 punches or at the end of the week and pick up a new one on the beginning of the next week.

### 2. You will earn points for taking classes with [ywellness247.org](http://ywellness247.org).

This virtual program offers live and on demand classes for all fitness levels, taught by YMCA instructors and trusted fitness platforms (this is a free benefit of your membership). You can earn one (1) point per class (live or on demand) up to 12 points on a monthly basis. *Y staff receives a report to verify member use.*

### 3. You can also earn points for bringing friends to a group fitness class.

Fill out a Referral card with your name, the guest's name and contact information. To qualify as a guest, the friend must be a non-member who lives locally and has a realistic possibility of becoming a member during the challenge. Your guest will be allowed to experience the workout for free. You earn one (1) bonus point for bringing a qualified guest. You earn five (5) bonus points for any direct referral who becomes a member during the challenge period. There is NO limit to the number of bonus points you can earn.

### 4. Every week there is a prize drawing.

As long as you have turned in a Workout Card or Referral Card for points that week, your name will be entered into the drawing for a weekly prize. As long as you keep participating, you can win a prize weekly.

### 5. Grand Prize.

The grand prize is awarded to the member with the highest number of total points at the end of the challenge period.

For more information, contact James at the Y, 570-282-2210.