

BINGO

GYIS

More Than Just Fitness!



Name: _____

Collect Your Stamps!

Sept. 26-Oct. 21

<p>Came to the Mobility Session Oct 11th or Oct. 20th 6pm @ the Park</p>	<p>Register & Participate in Pushups For Charity www.Pushups22.com Hit "Register" Join our team</p>	<p>Brought a friend to <u>Bring A Friend Week</u> October 10th-15th</p>
<p>Attended a Cardio Club Session Or Attend Advcoare Mixer at the Linder's Oct. 6th</p>	<p>GYIS More Than Just Fitness!  Free Space</p>	<p>Posted YOUR favorite Healthy Recipe on GYIS VIP Facebook Group</p>
<p>Came to At least 9 GYIS Sessions in the 4 weeks. Includes both fitness and CC sessions</p>	<p>Got weighed and Measured on 7th or 21st OR Attend a Saturday Session 8th or 15th</p>	<p>Got Post a Photo on your own Facebook page w/GYIS gear and add hashtag #IamGYIS</p>

Get Any 3 Across & WIN

Blender Bottle

★	★	★

Get 2 Lines of 3 Across in Any Direction & WIN

GYIS 9th Year T-shirt

		★
	★	
★	★	★

Get a Full Card & WIN

Chance to Win a Free Month (& other Great Prizes!)

★	★	★
★	★	★
★	★	★

Bring your card and get it stamped!

Turn in your card by Friday, October 21st to get your Prize or Prizes!

GOOD LUCK!