

# BINGO GYIS

More Than Just Fitness!

Name: \_\_\_\_\_

Collect Your Stamps!

Sept. 24 - Oct 19

<p>Yoga Oct. 4<sup>th</sup> @ Park 6pm or Mobility Session Oct. 16<sup>th</sup> @ Park 6pm</p>	<p>Attend Nutrition Workshop Oct.9<sup>th</sup> @ Linder's 7:30pm or Attend Oct. Social on the 5<sup>th</sup> @ 6:30pm</p>	<p>Brought a friend to <u>Bring A Friend Week</u> Oct. 8th-13th</p>
<p>Attended a Cardio Club Session or Check In for Charity at least 3 times.</p>	<p><b>GYIS</b> More Than Just Fitness! <b>Free Space</b></p>	<p>Post Healthy Recipe on the VIP FB Group or attend one Saturday Session</p>
<p>Came to at least 11 total sessions Sept.24<sup>th</sup> - Oct. 19<sup>th</sup></p>	<p>Got weighed and measured on Oct. 5<sup>th</sup> or 19<sup>th</sup></p>	<p>Post a Facebook picture w/GYIS gear and add hashtag #IamGYIS</p>

**Get Any 3 Across & WIN**

Grab Bag – pick one



**Get 2 Lines of 3 Across in Any Direction & WIN**

GYIS 11th Yr 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 19th to get your Prize or Prizes!**

**GOOD LUCK!**

For each space that you "Earn", you will have a GYIS trainer give you a stamp or sticker. At the end of the BINGO game on October 19th, you will receive your prizes based upon how many "Bingos" you received (3 stamps in a row, 2 rows of stamps or filling your entire card).

Here are the squares that are on the card and more information about each one:

- **Come to the October 4th Yoga Session OR the October 16th Mobility Session.** Both are from 6-7pm at the Park .
- **Attend a Nutrition Workshop.** Come to a hands on nutrition workshop on October 4<sup>th</sup> or 19<sup>th</sup> at 7:30pm at the Linder's. Go to [www.handsonnutritionworkshop.com](http://www.handsonnutritionworkshop.com) to sign up.
- **Bring a Friend (or 2!) to "Bring a Friend Week" October 8-13.** Invite a friend, neighbor or family member to join you at any of our classes offered that week. In order for you to get a stamp, they **do** need to be someone who has not attended in the past year.
- **Attend a Cardio Club Session or Check in for Charity.** If you are already a Cardio Club member, then this is easy. If you are not, then please plan on joining us for one session of Cardio Club or for the month. They are on Tuesdays and Thursdays at 5:30am. OR Check In For Charity at least 3 times.
- **Post Your Favorite Healthy Recipe or Attend a Saturday Session.** Post your favorite recipe on the GYIS VIP Facebook Group. Share your favorite meals with your fellow boot campers! OR Attend one Saturday Session – October 6<sup>th</sup> or 13<sup>th</sup>. Champion Responders Workout on Sept 29<sup>th</sup> will count as a Saturday session.
- **During the Boot Camp calendar month of October, come to at least 11 sessions.** You can do this!! This can be a combination of Fitness sessions and Cardio Club sessions. You'll be able to join cardio club for the month of October on a part time (4X's) or full time (8X's) basis at a special rate. Champion Responders Workout on Sept 29<sup>th</sup> will count as a session.
- **Get Weighed and Measured (Oct 5th or 19th).**
- **Post a Picture of You Wearing GYIS gear on YOUR Facebook page (Not the GYIS VIP Group page).** The picture should be somewhere other than the park as this is just meant to be a fun way to show your support for GYIS. Then all you need to do in the comment area is add #IamGYIS to your post so we can search #IamGYIS in the search bar and find all who have posted a picture on their page sporting their GYIS shirts and have earned their BINGO Stamp.

*We hope you will participate & enjoy this fun game. B-I-N-G-O!*

*Questions about the game or any of the squares? Post on the GYIS VIP Facebook Group or contact us.*