



12 DAYS OF FITMAS CHALLENGE

HOW IT WORKS

- Complete a land or water class each day between Dec. 13-24.
- Make sure your instructor initials in the corresponding boxes below.
- Join us on Dec. 24 to close out the 12 Days of Fitmas with a Christmas Bash Class!
- Complete all 12 days to be entered into a drawing for **3 FREE PERSONAL TRAINING SESSIONS***
(to be redeemed in January)
- Make sure your name/contact info is listed below and turn the bottom portion into the front desk.

SCAN FOR
WORKOUTS



12/13	12/14	12/15	12/16
12/17	12/18	12/19	12/20
12/21	12/22	12/23	12/24

12/24
CHRISTMAS
BASH CLASS!

MEMBER NAME: _____

EMAIL ADDRESS: _____

ymcachattanooga.org