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CHRISTMAS IN JULY BINGO

Try a new group exercise class.

receive initials from wellness staff

Follow your branch on Facebook, Instagram & TikTok.

receive initials from front desk

Set a new health & wellness goal.

receive initials from wellness staff

Sign up for a free wellness consult & two free personal training sessions.

receive initials upon completing consult

Request a body composition scan.

receive initials from front desk

Play pickleball.

receive initials from wellness staff

Sign up to volunteer as a coach or mentor.

receive initials from front desk

Donate to our Community Support Campaign.

receive initials from front desk

Bring a guest for FREE.

receive initials from front desk

Try a new group exercise class.

receive initials from front desk

Try a water fitness class or go swim.

receive initials from aquatics staff

Fill out a Google review or Listen360 survey.

receive initials from front desk

Play basketball.

receive initials from front desk

Scan into the facility three times in one week.

receive initials from front desk

Sign up to volunteer at the Henry Y, packing meals to feed children.

receive initials from front desk

Sign up for a nutrition consultation.

receive initials from wellness staff



YOUR CHANCE TO WIN A FREE MONTH!

Our Mission: to put Christian principles into practice through programs that build healthy spirit, mind and body for all.