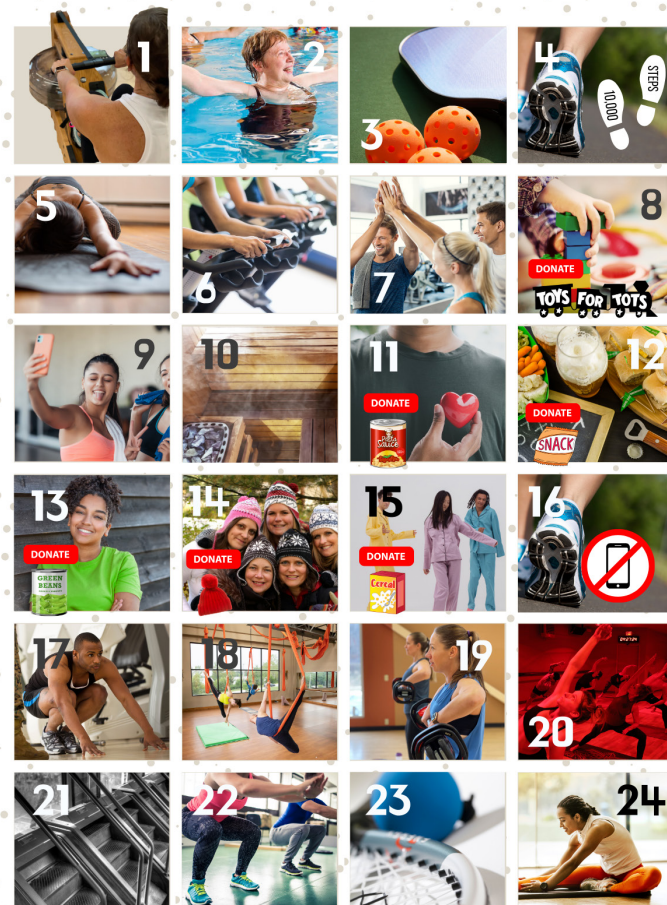


24 DAYS OF FITMAS



- 1 TRY OUT ANY ROWING CLASS
- 2 GO FOR A SWIM IN THE INDOOR SALTWATER POOL
- 3 UNWIND IN THE WHIRLPOOL OR STEAM ROOM
- 4 GET 10,000 STEPS IN A DAY
- 5 GIVE A CYCLING CLASS A SPIN
- 6 INVITE A FRIEND TO JOIN YOU FOR A WORKOUT
- 7 TAKE A SWING AT PICKLEBALL AT THE MAC
- 8 GET 15,000 STEPS IN A DAY
- 9 POST YOUR WORKOUT OR SELFIE TO SOCIAL MEDIA
- 10 RELAX IN THE DRY CEDAR SAUNAS
- 11 [Non-perishable]
BRING IN RED FOOD ITEM FOR DONATION
- 12 [Non-perishable]
BRING IN SNACK FOOD ITEM FOR DONATION
- 13 [Non-perishable]
BRING IN GREEN FOOD ITEM FOR DONATION
- 14 BRING IN WARM CLOTHING ITEM FOR DONATION



- 15 BRING IN BREAKFAST FOOD ITEM FOR DONATION
- 16 GO FOR A WALK WITHOUT YOUR PHONE
- 17 PERFORM 25 BURPEES IN A DAY
- 18 TRY AN AERIAL YOGA CLASS
- 19 TAKE A GROUP FITNESS CLASS YOU'VE NEVER TRIED
- 20 TAKE A CLASS IN THE HOT STUDIO
- 21 STEP ON THE STAIR CLIMBER FOR 10 MINUTES
- 22 PERFORM 50 SQUATS IN A DAY
- 23 ENJOY A GAME OF RACQUETBALL
- 24 TAKE 30 MINUTES TO STRETCH

Complete 15/24 days for a chance to win some prizes! E-mail arobinson@wilsonsfitness.com once you've completed 15. **Days are in no particular order except donation days: DEC. 11-15TH.** *If your name is drawn, you will need to provide some proof that your days are complete.