



YMCA JANUARY

YOUTH FITNESS BINGO CHALLENGE

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1	10 Push-ups	3 Laps on Outdoor track	25 Mountain Climbers	20 High Knees	30 Seconds Jump Rope	Kids Y Boot Camp	10 Inch-worms
2	30 Second Superman	CATCH class	10 Inch-worms	30 Second Wall Sit	Kids Y Recess	25 Jumping Jacks	10 Burpees
3	Kids Y DANCE	30 Seconds Jump Rope	10 Burpees	Kids Y Water Sports	30 Seconds Flutter kicks	15 Sit-ups	3 Laps on Outdoor track
4	3 Laps on Outdoor Track	Kids Y Recess	10 Push-ups	FREE SPACE	30 Second Superman	30 Seconds Jump Rope	CATCH class
5	25 Jumping Jacks	10 Inch-worms	Kids Y Boot Camp	CATCH class	25 Mountain Climbers	10 Burpees	20 High Knees
6	15 Sit-ups	30 Second Wall Sit	30 Seconds Flutter kicks	30 Second Superman	Kids Y Water Sports	10 Inch-worms	Kids Y Boot Camp
7	25 Mountain Climbers	20 High Knees	3 Laps on Outdoor track	25 Jumping Jacks	10 Push-ups	Kids Y DANCE	30 second Wall Sit

MAKE YOUR WORKOUT COUNT – FOLLOW THESE RULES!!!

Please register at the front desk to receive your Bingo card- *FREE Registration*

- **For any youth group-ex class, please have instructor sign off on the box.**
- **Body weight exercises like push ups, pull ups, sit ups etc., must be performed with an approved staff, (MOD, Floor Staff, Camp Staff, Instructor) present and then signed off by them.**
- **All children under age 8 may not be in the gym area. If between the ages of 8-12, they must have a parent to accompany them.**
- **Fitness Questions or modifications, please see floor/fitness staff.**
- **Complete 2 BINGO's per card and bring to front desk. Member's name will be entered into drawing.**