



## Fitness Bingo Challenge | November 13 - December 15, 2023

Let's go Body Zone MYZONE users! Are you ready for a challenge?

Mix up your fitness by completing a task listed below, earn a bingo (or multiple bingos) and you could win a **\$200 Body Zone Fit Pack loaded with health and wellness items**. Earn one raffle ticket for every completed bingo. Completed cards are due by December 15 at the 2nd floor fitness desk.

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

FITNESS <b>B I N G O</b> CHALLENGE				
Take a Cycling or SPRINT class  Instructor initials & MEPs earned: _____	Earn 200+ MEPs in one workout	Schedule a FREE InBody body composition screening via the sign up sheet @ 2nd floor fitness desk	Earn 500 MEPs in one week	Schedule a FREE 25-minute personal training session with BZ Trainers Michelle or Brandon via the sign up sheet @ 2nd floor fitness desk
Earn 25+ MEPs in the red zone in one workout	Take a Yoga class of your choice  Instructor initials & MEPs earned: _____	Burn 2000+ calories in one week	Take a BODYCOMBAT class  Instructor initials & MEPs earned: _____	Complete 10 hour-long workouts
Tag @bodyzonecomplex on Instagram during a workout at Body Zone	Take a BODYATTACK class  Instructor initials & MEPs earned: _____	Complete BZ Trainer Michelle's Bingo Challenge workout listed on The Wall (chalkboard).  List your MEPs here: _____	Work out on the weekend – both Saturday and Sunday	Earn 100 MEPs strength training on the main weight floor (no cardio machines)
Work out 5 consecutive days	Earn 100 MEPs outside of Body Zone (yard work, walk, hike, etc)	Take a CORE class  Instructor initials & MEPs earned: _____	In one workout, earn at least 40 MEPs in blue zone, 40 MEPs in green zone, 20 in yellow/red zone.	Take a REP ROOM class  Instructor initials & MEPs earned: _____
Earn 200+ MEPs in one workout	Burn 600+ calories in one workout	Take a BODYPUMP class  Instructor initials & MEPs earned: _____	Complete BZ Trainer Brandon's Bingo Challenge workout listed on The Wall (chalkboard).  List your MEPs here: _____	Earn 50+ MEPs in the yellow zone in one workout

**Want to join us?** Purchase Your MYZONE Wearable!

MYZONE heart rate belt kits (strap, monitor, and charge) are available for purchase right now!

COST: price ranges from \$30 for MZ-1 belt to \$99 for MZ-3 belt.

Contact Jason Kelly, [jkelly@bodyzonesports.com](mailto:jkelly@bodyzonesports.com), to get started.