



# Fitness Bingo Challenge | November 2024

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 November 30 at the 2nd floor fitness desk.

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

## FITNESS **B** **I** **N** **G** **O** 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

Take any Row Cross or Boxing Class.

Instructor initials & MEPs earned:  
\_\_\_\_\_

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 45-minute workouts

Tag @bodyzonecomplex on Instagram during a workout at Body Zone

Take any Step 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 or Pilates 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 Colin'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 a MYZONE wearable! MYZONE heart-rate belt kits are available for purchase at Guest Services. \$30 for MZ-1 and \$99 for MZ-3