

# FITNESS

# BINGO



SAW MILL CLUB  
• EAST •

**Tuesday 1/13–Tuesday 2/24 (6 full weeks)**

Name	Phone	E-Mail
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<b>Write down 3 Fitness / Health Goals you have for this year</b>  _____ Trainer (or G-SMC staff) initials	<b>Walk or Run 1 Mile</b>  _____ Trainer (or G-SMC staff) initials	<b>Log your Nutrition for 1 Week</b>  _____ Trainer (or G-SMC staff) initials	<b>Stretching Session (5-10min)</b>  _____ Trainer (or G-SMC staff) initials	<b>Do 1 of any Gladiator Challenge exercises</b>  _____ Trainer (or G-SMC staff) initials
<b>Take a Group Exercise Class</b>  _____ Trainer (or G-SMC staff) initials	<b>Write a Google Review</b>  _____ Trainer (or G-SMC staff) initials	<b>Inquiry with a trainer about Supplements</b>  _____ Trainer (or G-SMC staff) initials	<b>Challenge yourself to hit a new Personal Record for an exercise</b>  _____ Trainer (or G-SMC staff) initials	<b>Follow Genesis on Instagram and/or Facebook</b>  _____ Trainer (or G-SMC staff) initials
<b>Workout with a Friend!</b>  _____ Trainer (or G-SMC staff) initials	<b>** Do an InBody Body Composition Analysis</b>  _____ Trainer (or G-SMC staff) initials	<b>Try a NEW Cardio Machine</b>  _____ Trainer (or G-SMC staff) initials	<b>Sign up for G-Perks!</b>  _____ Trainer (or G-SMC staff) initials	<b>Ask a Trainer for a Balance Exercise to work on</b>  _____ Trainer (or G-SMC staff) initials
<b>1 min Plank // Advanced: 2 min Plank</b>  _____ Trainer (or G-SMC staff) initials	<b>Check in to the club 3x/week (for 4 weeks during the program)</b>  _____ Trainer (or G-SMC staff) initials	<b>Workout with a Family Member</b>  _____ Trainer (or G-SMC staff) initials	<b>Sign up for a FREE 15 Stretch @katie.simco@genesishhealthclubs.com</b>  _____ Trainer (or G-SMC staff) initials	<b>Complete 10 Pushups (Modify if needed) Advanced: 20 Pushups</b>  _____ Trainer (or G-SMC staff) initials
<b>Do a NEW (to you) exercise</b>  _____ Trainer (or G-SMC staff) initials	<b>Do the "World's Greatest Stretch" (ask a trainer!)</b>  _____ Trainer (or G-SMC staff) initials	<b>Set a SMART GOAL for next month</b>  _____ Trainer (or G-SMC staff) initials	<b>Ask a trainer about a Progression for you favorite exercise</b>  _____ Trainer (or G-SMC staff) initials	<b>Discuss your workout plan with a trainer</b>  _____ Trainer (or G-SMC staff) initials

\*\*Connect with Fitness Manager, **Katie Simco**  
to schedule your InBody Body composition analysis [Katie.Simco@genesishhealthclubs.com](mailto:Katie.Simco@genesishhealthclubs.com)