

FITNESS

BINGO

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



SAW MILL CLUB
• EAST •

Name	Phone	E-Mail
------	-------	--------

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

Connect with Fitness Manager, **Katie Simco to schedule your InBody Body composition analysis Katie.Simco@genesishealthclubs.com