

# Let's Play BINGO

## 2022 Kick-Start to Health

Participant name \_\_\_\_\_

On Jan 10 wear RED to a group fit class	Do 20 min. of cardio in the Fitness Center	TAKE A NEW CLASS NOT TAKEN BEFORE	Order a Kroc Pot meal at KrocGreenville.org	New member? Register for your Fit Start sessions before January 30, 2022.
Swim 10 laps in the pool or attend a water fitness class	TAKE A LES MILLS CORE CLASS	"Follow" or "Like" the Kroc Greenville FB or Instagram page	TAKE A BARRE CLASS	Stop by the front desk and pick up a FREE day pass to give to a friend
TAKE A SILVER SNEAKERS CLASS	Take a workout "selfie" #KrocGVL	 KROC GREENVILLE	On Jan 20 wear crazy socks to the Kroc!	TRY A KROC FIT INTRO CLASS JAN 13 @ 5 PM
Bring a friend to the Kroc	TAKE A ZUMBA CLASS	TAKE A LES MILLS BODY COMBAT CLASS	Donate any amount to Boys & Girls Club Krocgreenville.org	Walk one mile on the treadmill
take a spin class	Rate Kroc Greenville on Google or Facebook	Take a Yoga class	Post your New Year's resolution on the positivity wall.	Do 30 min. of strength training in the Fitness Center

### BINGO Challenge Instructions:

- Complete 1 BINGO line, win a Kroc Greenville water bottle.
- Complete 3 BINGO lines, win two 30-minute personal training sessions.
- Complete 5 BINGO lines, be entered into a drawing to win a 6-month Kroc Standard membership.
- All lines must be initialed and dated by a Fitness Department staff.
- All cards must be presented to the Fitness Manager to receive a prize.
- This BINGO challenge runs from January 10 - February 5, 2022.

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## BINGO Challenge Guidelines:

- Register between Dec 13 - Jan 7. Go to [KrocGreenville.org](http://KrocGreenville.org) for details.
- Open to Kroc Greenville members. \*Must be 18+ to participate.
- Download your BINGO player card at [KrocGreenville.org](http://KrocGreenville.org) or pick one up from the Fitness Office.
- BINGO Challenge runs from Jan 10 - Feb 5, 2022. Enter to win great prizes!
- BINGO lines can be accumulated across, down, or diagonally.
- All BINGO lines must be initialed and dated by a Fitness Department Staff.
- Present your BINGO card to the Fitness Manager to receive a prize.
- Grand-prize drawing will be held on Feb 11, 2022.