

March 6th - April 8th

Members Only

\$10.00



MARCH MADNESS

Cardio Challenge

Complete Your Cardio Hours and Receive a Prize

Register	March Madness T-Shirt
10 hours	YMCA Lanyard
15 hours	YMCA Travel Mug
20 hours	YMCA Sport Towel
25 hours	YMCA Sports Pack
30 hours	YMCA Authentic T-Shirt

Step 1. Register at the Front Desk and a Basketball Hoop with your name will be added to mirror downstairs in the cardio room.

Step 2. Every time you come to the YMCA to perform any cardio exercise (i.e. treadmill, bike, aerobics class, basketball, racquetball, etc.) ask the Front Desk for a cardio slip. Fill out the cardio slip and have the Front Desk, Fitness Instructor or Fitness Room Attendant Sign your cardio slip. The slip needs to be placed in Jenn's Mailbox and a basketball will be added to your hoop.

Step 3. After 30 days, you will receive your prizes for the baskets you've achieved.