

# EASTSIDE FAMILY YMCA GROUP EXERCISE BINGO

ACTIVE YOGA	LES MILLS BODYCOMBAT	LES MILLS BODYPUMP	LES MILLS CORE	CARDIO DANCE
PILATES	ANY CYCLE CLASS	GENTLE YOGA	LES MILLS RPM	ZUMBA
CARDIO DANCE	BARRE		LES MILLS GRIT	LES MILLS BODYPUMP
LES MILLS BODYBALANCE	WERQ	STEP	ACTIVE YOGA	PILATES
TOTAL BODY STRONG	TRX OR BOOTCAMP	ZUMBA	ANY CYCLE CLASS	LES MILLS CORE

# HOW IT WORKS

Join us for a fun game of Bingo - YMCA style! We have so many amazing group exercise classes for you to try, so we came up with a way for you to try something new.

Starting July 1 and lasting throughout the month, check out our schedule for when classes are offered and bring your card with you to class for our instructors to stamp. Once you've got Bingo, bring your card to Samantha Blevins, Danielle Ohl or the front desk to be entered to win one (1) FREE week of Hydromassage or one (1) Intro to Personal Training package!

**NAME:** \_\_\_\_\_

**EMAIL:** \_\_\_\_\_