



**REFRESH
REFOCUS
2021**

SNAG THE SWAG

Fitness Challenge

August 16th—September 24th

- Weekly 30 min group class

ZOOM		IN PERSON
Thursday's	or	Thursday's
5:15-5:45AM		12:15-12:45PM

- Weekly Challenges
- One on One Goal Setting
- THREE Ways to WIN
 - 1 -Heart Rate
 - 2 -Circumference
 - 3 -Weight

Prizes include, but not limited to:

YMCA Water bottle

YMCA t-shirt

YMCA Pullover

YMCA Personal Training Sessions

YMCA Shaker Cup

YMCA Program Voucher

YMCA Membership

\$30/Members

\$50/Non Members

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SNAG THE SWAG

Fitness Challenge

Q&A

What is included to help each participant be successful? Each participant will have access to join one or both group fitness class offerings, 6 week strength training workout, group text messaging, weekly challenges and one on one wellness coaching/goal setting.

How do you win? There are four different opportunities to increase the level of swag items to EARN. Participants MUST earn 6 points to qualify to win prize. 6 Points + 1 other category, 6 points + 2 other categories or 6 points + all 3 categories. Everyone who wins in a category is ALSO put into a drawing to win EXTRA prize.

1. **Earn total of 6 points.** 1 point for attending a group class each week and 1 point for completing a weekly challenge.
2. **Lower your testing HR.** Week ONE participants will complete a cardio test to see where their heart rate is and again at the end of the week SIX. If there is a decrease in HR (meaning cardio capacity improved) that is a WIN.
3. **Decrease Circumference Measurement.** Week ONE each participant will measure their circumference around the belly button. At the end of Week SIX if 3/4 of an inch or more is lost that is a WIN.
4. **Weight Loss.** Over the course of the week if 4% or more is lost in body weight, that is a WIN

What type of group fitness class? The group class will be a full body workout with no equipment needed; so whether you are at home or in person you can complete the workout. Exercises will be done standing and on the floor.

What is the one on one coaching/Goal setting? This is an opportunity to talk through your obstacles and set realistic steps to reach your goals and have someone to report to. These session can be done in person or through zoom, whichever you prefer.

What if the scheduled class times don't work for me? Both classes will be recorded and put up on our YouTube Channel and a link sent out to all participants. You can't earn a point for doing a recorded class, but you can still get the benefits of completing them for your health.

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