

## Adult Card Combinations

- ◆ 15 "BIG" Tire Flips
- ◆ Take a selfie with Cory
- ◆ Attend a Tabata Class
- ◆ Give Mark a high-five
- ◆ 50 Kettlebell swings (45lb)
- ◆ Row 2000 meters
- ◆ Jump rope for 5 minutes
- ◆ Attend a Fusion Class
- ◆ 50 push-ups
- ◆ 50 jumping jacks
- ◆ Take a selfie with Andy
- ◆ 50 Medicine Ball Slams
- ◆ Give CJ a high-five
- ◆ Jump off the diving board
- ◆ Open Climb on the Rock Wall
- ◆ Participate in an Open Boot Camp Class
- ◆ Row 500 meters
- ◆ Ring a bell on the Rock Wall
- ◆ 100 Mt. Climbers
- ◆ 100 Flutter kicks
- ◆ Join the YMCA Healthy Hearts Bingo Facebook Page
- ◆ 100 Squats
- ◆ Complete the "Burpee Run" Challenge
- ◆ Attend a Cycling class
- ◆ 1 minute Wall sit
- ◆ Lap swim for 20 minutes
- ◆ Attend an Xplosion class
- ◆ Attend a Zumba Class
- ◆ Row 500 meters
- ◆ 1 Leg Balance on BOSU Ball for 45 seconds
- ◆ Read Today's Health & Exercise Tip
- ◆ 2-minute plank
- ◆ Attend a yoga class
- ◆ Workout before 7:00am
- ◆ Walk/Jog 6 laps
- ◆ Bring a healthy food recipe
- ◆ Deadlift your body weight
- ◆ Bring a friend/guest to an exercise class
- ◆ Bring a Guest to the Y
- ◆ 100lb Sled Push for 30 yards
- ◆ Attend Open Swim
- ◆ 50 Burpees
- ◆ Take a selfie with YMCA Staff
- ◆ Like the YMCA Facebook page

## Senior Card Combinations

- ◆ Tell the Front Desk Staff Hello
- ◆ Give Mark a high-five
- ◆ Row 1000 meters
- ◆ 15 second bar hang
- ◆ Attend Silver Sneakers Yoga
- ◆ Attend a Cycling Class
- ◆ Go down the water slide
- ◆ Attend Silver Sneakers Classic
- ◆ Bring a healthy Food Recipe
- ◆ Join the YMCA Healthy Hearts Bingo Facebook Page
- ◆ Ring a bell on the Rock Wall
- ◆ Give CJ a high-five
- ◆ Like the YMCA Facebook page
- ◆ Take a selfie with Cory
- ◆ Walk/Jog 6 laps
- ◆ 25 medicine balls slams
- ◆ Attend an A.O.A. Class
- ◆ Read Today's Health & Exercise Tip
- ◆ 25lb Overhead Raise (Silver bar)
- ◆ Take a selfie with YMCA Staff
- ◆ Make a Free Throw
- ◆ 1 minute Plank
- ◆ 50 flutter kicks
- ◆ 30 second wall sit
- ◆ Take a selfie with Andy

## Youth Card Combinations

- ◆ Go off the diving board
- ◆ Hop on each leg 25 times
- ◆ Give Andy a high-five
- ◆ Bring a Healthy Food Recipe
- ◆ 50 Mt. Climbers
- ◆ Jump Up and Down 50 times
- ◆ Check in with your YMCA Card
- ◆ Make a Free throw
- ◆ Walk/Jog 6 laps
- ◆ 25 medicine ball slams
- ◆ Ring a bell on the rock wall
- ◆ Go down the Water slide
- ◆ 75 squats
- ◆ Thank a lifeguard
- ◆ 25 pushups
- ◆ Read Today's Healthy & Exercise Tip
- ◆ Show Cory 10 Push-ups
- ◆ Tell the Front Desk Staff Hello
- ◆ 30 second Wall Sit
- ◆ 50 Jumping Jacks
- ◆ Give CJ a high-five
- ◆ 50 Flutter Kicks
- ◆ Ask Mark what his favorite color is
- ◆ Open Climb on the Rock Wall

