



# YMCA Olympic Challenge

## Chance to win Apple AirPods!



Fri, Jul 26, 2024 – Sun, Aug 11, 2024

The YMCA of Lansing is doing an Olympic Challenge! To participate, pick up a punch card at the Welcome Center, complete the tasks to receive a punch. Punch cards will be put into a drawing for gold, silver and bronze prizes. Gold prize is Apple Air Pods! Redeem Punches at the Welcome Center. Cards must be turned in on Monday, August 12th to the Welcome Center. The drawing will take place on Tuesday, August 13th.

### Challenges that Count Towards a Punch

- Bring a Friend to the Y
- Do a Personal Training Session
- Attend a Group Fitness Class
- Attend a NEW Group Fitness Class
- Complete 30 minutes of Strength Training
- Complete 30 minutes of Cardio
- Complete 30 minutes of a Sport Activity
- Complete 10 minutes or more of independent stretching
- Practice self care by using sauna, steam room, or whirlpool
- Swim Laps in Pool
- Take a Water Fitness Class
- Climb on the Rock Wall at Westside
- Try the new Spin Bikes in a cycle class at Oak Park
- Participate in a Silver Sneakers Class