



## WELLNESS BINGO INSTRUCTIONS



1. Complete 5 squares in a row to be entered to win a \$10 Mud Hens gift card

2. Complete all 25 squares and be entered to win a **FREE** Month of Membership

3. **All Entries** will be entered for a chance to win a **1 Year Free Membership** to Imagination Station, awarded to **1 Lucky YMCA Member**

4. Squares must be initiated by a YMCA employee

5. Turn completed cards into the Member Service desk

6. Members can submit more than one card

**May Wellness BINGO Challenge runs May 1-31, 2023**

\*View our guest policy by visiting our website

[ymcatoledo.org](http://ymcatoledo.org)

# ★ B I N G O ★

Follow us on Facebook	Ask about Healthy Living Programs*	Attend a strength training class	Scan in with Y360 App	Try a new group exercise class
Attend a group exercise class	Attend a mind/body class	Create a Y360 account	Attend a spin class	Complete personal training session
Try a new group exercise class	Complete Smart Start session	★ <b>FREE</b> ★	Complete a Peloton® bike ride	Complete a Sprint8**
Attend a water class	Attend a strength training class	Bring a friend	Attend a group exercise class	Take a Y360 class
Drink 64 oz of water	Attend a group exercise class	Attend a spin class	Attend Family Fun Zone	Attend a cardio class

\*See the membership desk for more details | \*\*See Wellness Center for more details

**Winners will be drawn and notified on June 1, 2023**

Name:

Email:

Phone: