

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

# August Fitness Challenge

## Beat the Heat!!!

# Twister Board

Take a chance and spin the wheel!!!

Each day take a spin, whatever color the wheel lands on pick a dot and complete the work out! If that color is completed spin again!

-Each dot must have staff initials and stamp once completed.-

HAVE FUN!!!!

Take Cardio Crazy	Try out Pool Power Water Fitness	Try TRX	Your choice of any fitness activity	Take A Tabata Class	Swim Laps For 20 mins.	Take any Fitness class	Spend 20 mins. doing any work out in aquatics area
Join A Spin-Bata Class	Do a 20 min. Workout- <u>Equipment Free</u>	Do 20 mins. of stretching of your choice	20 mins. of Free weight workout	Take any water fitness class	Try a High intensity class	20 mins. of free weights	Try out the Suana
Your choice of a water fitness class	Take a 20 min. Walk in the Lazy River	Take any Fitness class of your choice	Ride a Stationary Bike for 20 mins.	Try out Fit & Focus class	Take the Light & Lively Water Class	20 min. Workout <u>Equipment Free</u>	Shoot some hoops
Take Pilates	Swim Laps for 20 mins.	Take Splash Circuits	Try Beach Ball Fit Water Class	Your Choice of a Spin class	Take a Walk in the Lazy River	Try any Racket Sport	Your choice of any type of work out

### -Game Rules-

- Spin the wheel
- Pick a dot in the color the wheel lands on.
- Complete the exercise in the dot
- After completing staff must initial and stamp
- Repeat for each dot on Twister board.
- Enjoy the challenge!!!!

### -Dot Information-

- Cardio Crazy is on Mondays, Wednesdays and Fridays at 8:30am-9:30am and on Tuesdays and Thursdays at 5:30pm-6:30pm
- Spin-Bata Class is on Mondays at 4:30pm-5:15pm and Wednesdays at 6:00am-6:45am and at 5:30pm-6:15pm
- Pilates Class is on Monday starting at Noon-12:45pm and Fridays at 9:00am-10am
- Pool Power is on Mondays, Wednesdays and Fridays at 9:30am-10:30am
- Splash Circuits is on Tuesdays and Thursdays starting at 11am until 12pm
- Beach Ball Fit is on Tuesdays and Thursdays at 10:30am-11:00am
- Tabata is on Tuesdays and Thursdays starting at 12:00pm-12:45pm
- Fit & Focus is Mondays and Wednesdays at 10:15am-10:45am
- Light & Lively is on Tuesdays and Thursdays 10am-10:45am
- High Intensity Classes are any of the following classes: Spin-Bata, Tabata, Body Blitz, and Body Blitz Ext.
  - Body Blitz is on Tuesdays starting at 5:30pm-6:30pm
  - Body Blitz Ext. is on Wednesdays at 9:00am-10:15am