



VICFIT HOLIDAY BINGO CHALLENGE



B



I

N

G

O



Take a VICFit Class	Follow Victoria Recreation Center on Facebook	Bring a friend to a VICFit Class *friend pays drop-in fee	Avoid soda during entire Holiday Bingo Challenge	Practice a deep breathing exercise for 5-minutes
Eat a total of 4 servings of vegetables in one day	Share a workout selfie with #vicfitbingo	Take a VICFit class with Mandy	Complete 15-minutes of stretching	Meal prep for 1-week
Complete 5 workouts in 1-week	Take a virtual VICFit class	FREE SPACE	Drink water - half your body weight in ounces for 3-days	Take a VICFit class
Hold a 1-minute long plank	Take 3 VICFit classes in one week	Sleep for a minimum of 8 hours in a night	Complete a 30-minute cardio workout	Run 1-mile
Walk 10,000 steps in one day	Take the Saturday Total Body Conditioning class	Strength train 3 times in one week	Take a VICFit class with Leanne	Bring a friend to a VICFit Class *friend pays drop-in fee

VICFit Holiday Bingo Challenge runs November 21-December 21, 2022. Complete activity listed in the square, mark off one square at a time (i.e. you take virtual P1Yo, mark off either the "Virtual Fitness" or "Take a VICFit Class with Leanne," but not both. Exception, when you are asked to complete multiple classes in one week. Cards need to be turned into VRC Front Desk by Thursday, December 22. Every BINGO will earn you one entry into the prize drawing. A Black Out will earn you five entries. Diagonal, horizontal, vertical qualify. Participants can enter multiple cards.