



Victoria Recreation Center

VICFIT HOLIDAY BINGO CHALLENGE



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

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 PIYo, 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.