



YMCA OF GREATER OMAHA

# SUMMER SWEAT 2022

Name: \_\_\_\_\_ Dates: June 1-July 31

1	2	3	4	5	6	7	8
9	10	11	12	13	14	15	16
17	18	19	20	21	22	23	24
25	26	27	28	29	30		

The tracking card must be returned to the Welcome Center by August 5, 2022.

## SUMMER SWEAT 2022

### GROUP EXERCISE CHALLENGE

- 1. Register** at the Welcome Center or online by July 1 to participate.
- 2. Attend 30 group exercise classes** at any of our YMCA of Greater Omaha locations or online with Virtual Y & have the instructor initial your tracking card between June 1st and July 31.  
Live Group Exercise classes, Virtual Y classes, Small Group Training, Personal Training, Pickleball & Masters Swim are included.
- 3. Turn your completed card** into the Welcome Center by August 5, 2022 to receive your prize.

**Every member who completes the challenge will receive a t-shirt.  
(1 prize per participant)**