



I Lost It at the Club!

Everyone knows that variety keeps things fresh and new. Use this sheet to keep yourself motivated and on track with your workouts. Rewards are obtain by points as well! Get creative and in the end you will see better results. Turn them in each week at the welcome center or in the weight room.

2010 Activity Sheet

Get in shape: Strength train!

- Circuit City Class 100 pts
- Strength train 30 minutes 100 pts
- Strength train 60 minutes 200 pts
- 30 minute Personal Training Session 150 pts
- 60 min Personal Training Session 300 pts
- 60 min GET FIT Small Group Session: 300 pts

Get active with cardio workouts!

- Cardio 15 minutes 50 pts
- Cardio 30 minutes 100 pts
- Cardio 45 minutes 150 pts
- Cardio 60 minutes 200pts

Get moving with group fitness classes! Including Aqua classes

- Group fitness 30 min class 100 pts
- Group fitness 45 min class 150 pts
- Group fitness 60 min class 200 pts
- Group fitness 75 min class 300 pts

Specialty Programs.

- 30 min massage 150 pts
- 60 min massage 300 pts
- 90 min massage 350 pts
- Pilates Reformer 30 min private: 150 pts
- Pilates Reformer 60 min private: 300 pts.
- Pilates Reformer Small Group: 300 pts

Get in the water!

- Lap Swim 30 minutes 100 pts
- Lap Swim 45 minutes 150 pts
- Lap Swim 60 minutes 200 pts

Get crunching: abs and low back!

- 15 minute Core Conditioning 50 pts

Get on the court! Tennis, Racquetball, Paddle Ball, Pickle Ball

- Cardio Tennis 60 min 200 pts
- Racquet sport 30 min private: 150 pts
- Racquet sport 60 min private: 300 pts
- Racquet sport 60 min Group Lesson: 150pts
- Platform Tennis 250 pts
- Singles / Doubles play 250 pts

Get Smart! Weekly Meetings

- Weekly Wellness and Weigh in 200pts
 - Tuesdays 11am-12pm East Hills
or
 - Wednesdays 6:30-7:30pm The MAC

Check appropriate activity boxes and total your points. Sheets are due in the Fitness Center by 8pm Sunday Evenings to be eligible for weekly prize drawings.

Weekly Point Total: _____

Name _____ Member # _____ Date _____