



## A New Year! A New You!

The first 50 YMCA Members who workout 12 times during January will receive your choice of exercise equipment below.

Choice of Exercise Equipment (select 1):

- Jump Rope    Foam Roller    Stretch Band

Name: \_\_\_\_\_  
Email: \_\_\_\_\_  
Phone: \_\_\_\_\_

Members must have a YMCA staff member initial each visit.  
Members must keep up with log throughout the month and turn into the front desk staff upon completion to claim your prize.

Day 1	Day 2	Day 3	Day 4
Day 5	Day 6	Day 7	Day 8
Day 9	Day 10	Day 11	Day 12



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