



# Spring Into Fitness Log Sheet



NAME	Step & Sculpt	Turbo Kick	Pump It Up	PWP& Comm. Walk	Beg. Runners Class	Pi-Yo	Families in Motion
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Monday	Closed	Closed	Closed	Closed	Closed	Closed	Closed
Tuesday							
Wednesday							
Thursday							
Friday							

# Spring Into Fitness



## **How can you spring into fitness?**

By attending group exercise classes between May 5 and May 30. There are lots of options: Step & Sculpt, Turbo-Kick, Pump It Up, Pi-Yo, Community Walk, Power Walk Plus, Beginning Runners Class, and Families in Motion.



## **How does this incentive program work?**

Each time you participate in a group exercise class, mark it down in the Spring Into Fitness log. Each participant will have a flower pot with only a stem and flower center. For every class you attend, you will receive a petal. The person with the most petals on their flower wins!



## **What prizes can you earn?**

- 1st place- Gift Certificate to Home Depot
- 2nd place- Gardening kit
- 3rd place- Pot of flowers