



C H A L L E N G E

UPPER VALLEY AQUATIC CENTER

Take an Aquatic Class	Earn 500 MEPs in 1 week	Earn 300+ MEPs in the Yellow Zone this month	Take a strength training class	Complete 1, 2 hour workout on the weekend
Take a TRX Training class	Workout 2 days on the weekend	Complete 10 hour-long workouts	Burn 6,000+ calories this month	Earn 75+ MEPs in the Red Zone this month
Take a Pilates Class	Take Cardio Kickboxing	Get a Fit Assessment with a trainer	Earn 150+ MEPs in 1 workout	Find a local athletic event and participate
Take an indoor cycling class	Complete 4+ workouts within 1 week	Earn 500 MEPs in 1 week	Take a Yoga Class	Walk UVAC's nature path
Earn 3500+ MEPs this month	Complete 10, 1 hour-long workouts	Take an indoor cycling class	Try Deep Water Volleyball	Earn 150+ MEPs in 1 workout

MEMBER NAME: _____

EMAIL FOR MYZONE ACCOUNT: _____