



**Memorial Athletic Club
Summer Challenge 2018
July 2nd – August 31st**

MEMORIAL
ATHLETIC
CLUB FOR
Women

Pick up your fitness form at the fitness desk or in one of the group exercise studios at the MAC or MAC for Women and track your progress throughout the next 2 months.

All participants who turn in their completed forms will be put into a drawing for prizes. The member with the most points will receive a grand prize.

All activities can be performed at the MACAC or MAC for Women.

Additional activities will be posted at the fitness desk and in the aerobics room weekly to earn extra points. The first one will be attending the TRIFECTA (all 3 starting at 8am) classes on July 4th.

* ** * See the July 4th schedule for more detail!

Turn in your form by August 31st.

Prizes will be posted on September 10th.

**THE CHALLENGE STARTS JULY 2nd
GOOD LUCK AND HAVE FUN!!!!**

Memorial Athletic Club Summer Challenge 2018

July 2nd -August 31st

NAME: _____

Cardio classes (ex: HIIT, Step, Mix It Up, Cardio Cond., Zumba, HIGH Fitness, etc.) 10 pts each

Date: _____ Instr. Intls: _____ Date: _____ Instr. Intls: _____ Date: _____ Instr. Intls: _____
Date: _____ Instr. Intls: _____ Date: _____ Instr. Intls: _____ Date: _____ Instr. Intls: _____
Date: _____ Instr. Intls: _____ Date: _____ Instr. Intls: _____ Date: _____ Instr. Intls: _____

Strength classes (ex: Muscle Works, Barbell Strength, Muscle Blast, Body Works, TRX, etc) 10 pts each

Date: _____ Instr. Intls: _____ Date: _____ Instr. Intls: _____ Date: _____ Instr. Intls: _____
Date: _____ Instr. Intls: _____ Date: _____ Instr. Intls: _____ Date: _____ Instr. Intls: _____
Date: _____ Instr. Intls: _____ Date: _____ Instr. Intls: _____ Date: _____ Instr. Intls: _____

Pilates, Barre, Yoga or Tai Chi classes - 10pts. each

Date: _____ Instr. Intls: _____ Date: _____ Instr. Intls: _____ Date: _____ Instr. Intls: _____
Date: _____ Instr. Intls: _____ Date: _____ Instr. Intls: _____ Date: _____ Instr. Intls: _____
Date: _____ Instr. Intls: _____ Date: _____ Instr. Intls: _____ Date: _____ Instr. Intls: _____

Invite a friend to any of the above classes and earn an extra 10 pts.

Date: _____ Instr. Intls: _____ Date: _____ Instr. Intls: _____ Date: _____ Instr. Intls: _____
Date: _____ Instr. Intls: _____ Date: _____ Instr. Intls: _____ Date: _____ Instr. Intls: _____
Date: _____ Instr. Intls: _____ Date: _____ Instr. Intls: _____ Date: _____ Instr. Intls: _____

Attend an Aqua Class (10 pts.) or complete 20 laps (swim or walk) in the pool (10 pts.)

Date: _____ Instr. Intl: _____ #Laps: _____ Date: _____ Instr. Intl: _____ #Laps: _____
Date: _____ Instr. Intl: _____ #Laps: _____ Date: _____ Instr. Intl: _____ #Laps: _____
Date: _____ Instr. Intl: _____ #Laps: _____ Date: _____ Instr. Intl: _____ #Laps: _____

Use the weight room at least once a week 1/2 hour = 5pts., 1 hour = 10pts

Date: _____ Time: _____ Fitness Intls: _____ Date: _____ Time: _____ Fitness Intls: _____
Date: _____ Time: _____ Fitness Intls: _____ Date: _____ Time: _____ Fitness Intls: _____
Date: _____ Time: _____ Fitness Intls: _____ Date: _____ Time: _____ Fitness Intls: _____

Log 20 hours or 100 miles on the cardio equipment. Try various machines & programs. 1 hour = 10pts, 1 mile = 2pts

Date: _____ Time/Miles: _____ Instr. Intl: _____ Date: _____ Time/Miles: _____ Instr. Intl: _____
Date: _____ Time/Miles: _____ Instr. Intl: _____ Date: _____ Time/Miles: _____ Instr. Intl: _____
Date: _____ Time/Miles: _____ Instr. Intl: _____ Date: _____ Time/Miles: _____ Instr. Intl: _____
Date: _____ Time/Miles: _____ Instr. Intl: _____ Date: _____ Time/Miles: _____ Instr. Intl: _____
Date: _____ Time/Miles: _____ Instr. Intl: _____ Date: _____ Time/Miles: _____ Instr. Intl: _____