



FORUM FITNESS CENTER – APRIL BINGO CHALLENGE

<p>Attend a Spin Class (Rise & Ride) Instructor Initials: _____</p>	<p>Leave us a review Instructor Initials: _____</p>	<p>Bring a friend to class Instructor Initials: _____</p>	<p>Try a dance fitness class (Zumba or DSKO) Instructor Initials: _____</p>	<p>Morning Class (Before 11am: Barre, Sunrise Strength, Water Aerobics, Aqua HIIT, Rise & Ride, Yoga, Pilates Mat, Body Sculpt, Zumba) Instructor Initials: _____</p>
<p>Evening Class (After 6pm: Pilates, Pilates 2.0, Yoga, Strike & Sculpt, Aqua Combat, Zumba, DSKO, Water Aerobics) Instructor Initials: _____</p>	<p>Saturday Class (Body Sculpt & Zumba) Instructor Initials: _____</p>	<p>Aqua Class (Aqua Combat, Aqua HIIT, Water Aerobics) Instructor Initials: _____</p>	<p>3 Group Fitness Classes in One Week Instructor Initials: _____</p>	<p>Check in 4 days in a row Instructor Initials: _____</p>
<p>Pilates Class (Mat & 2.0) Instructor Initials: _____</p>	<p>Yoga Class Instructor Initials: _____</p>	<p>FREE SPACE Forum Fitness</p>	<p>Boxing Style Class (Strike & Sculpt, Aqua Combat) Instructor Initials: _____</p>	<p>Tag us outside the gym (post/screenshot) Instructor Initials: _____</p>
<p>90 second plank with a coach Instructor Initials: _____</p>	<p>2 minute wall-sit with a coach Instructor Initials: _____</p>	<p>Flexibility/Strength class (Barre, Pilates, Yoga) Instructor Initials: _____</p>	<p>Cardio class (Ride, Zumba, DSKO, Aqua HIIT, Combat) Instructor Initials: _____</p>	<p>Strength class (Body Sculpt, Sunrise Strength, Pilates, Water Aerobics) Instructor Initials: _____</p>
<p>Follow us on Facebook & Instagram Instructor Initials: _____</p>	<p>Wear Forum Fitness swag to class Instructor Initials: _____</p>	<p>Have a friend sign up for membership Instructor Initials: _____</p>	<p>Tag us inside the gym (post/screenshot) Instructor Initials: _____</p>	<p>50 bodyweight squats with a coach Instructor Initials: _____</p>

Rules:

- April 1st – April 30th
- Complete a row (horizontal, vertical, or diagonal) or blackout the entire card
- Each square must be verified and initialed by a Group Fitness Instructor
- Only ONE square may be completed per visit/session — choose strategically
- Turn in completed card to earn a Forum Fitness Prize