



# BINGO!



## Bring your Friend to Work(out) Week

To check-off a square, please ask a YMCA staff to sign it for you! Once you have a BINGO (5-in-a-row), turn it in to your YMCA's front desk by September 24th

B	I	N	G	O
Take a Water Aerobics or SilverSneakers class	Try something new at the Y, you pick!	Ask a staff member about volunteer projects at your Y	Take a Dance Fitness class (Ask staff which classes are in this category)	Visit the Y at-least 2 days this week
Take a selfie with a friend or staff at the Y, post it to social media, and tag @YMCACincinnati	Play Pickleball with a friend or a group	Bring a friend with you to the YMCA	Take a Cycling class	Drink 64oz (8 cups) of water one day this week
Introduce yourself to someone in the fitness center or lobby	Go for a swim with your best friend	<b>FREE SPACE! YOU ROCK!</b>	Take a Bootcamp or HIIT class (Ask staff which classes are in these categories)	Bring in a recipe to share with a Y Staff member
Branch Out: Visit a different YMCA this week	Introduce yourself to a Y Staff member you have not met	Take a Yoga or Pilates class	Have a cup of coffee in the lobby with a friend (or meet someone new)	Go for a walk outside with a friend
Take a Strength Class (Ask staff which classes are in this category)	Sign up to Volunteer for something at your YMCA	Shoot some hoops with a friend	Cook a healthy meal (or snack) and share it with someone	Give someone a compliment

Activities can be modified to suit your abilities

Name:

Phone:



# BINGO!

## Bring your Friend to Work(out) Week

To check-off a square, please ask a YMCA staff to sign it for you!  
Once you have a BINGO (5-in-a-row),  
turn it in to your YMCA's front desk by September 24th

B	I	N	G	O
Take a Water Aerobics or SilverSneakers class	Try something new at the Y, you pick!	Ask a staff member about volunteer projects at your Y	Take a Dance Fitness class (Ask staff which classes are in this category)	Visit the Y at-least 2 days this week
Take a selfie with a friend or staff at the Y, post it to social media, and tag @YMCACincinnati	Play Pickleball with a friend or a group	Bring a friend with you to the YMCA	Take a Cycling class	Drink 64oz (8 cups) of water one day this week
Introduce yourself to someone in the fitness center or lobby	Go for a swim with your best friend	<b>FREE SPACE! YOU ROCK!</b>	Take a Bootcamp or HIIT class (Ask staff which classes are in these categories)	Bring in a recipe to share with a Y Staff member
Branch Out: Visit a different YMCA this week	Introduce yourself to a Y Staff member you have not met	Take a Yoga or Pilates class	Have a cup of coffee in the lobby with a friend (or meet someone new)	Go for a walk outside with a friend
Take a Strength Class (Ask staff which classes are in this category)	Sign up to Volunteer for something at your YMCA	Shoot some hoops with a friend	Cook a healthy meal (or snack) and share it with someone	Give someone a compliment

Activities can be modified to suit your abilities

Name:

Phone: