



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JOIN OUR SHAPE UP CHALLENGE

Step up to the plate and hit a home run for your health and wellness! Earn exercise points for your workouts and enter for a chance to win free Y prizes and baseball tickets. This challenge is co-sponsored by the YMCA and our community partner, the New Britain Bees.

1. Sign up by May 17th at the Front Desk.
2. Earn exercise points when you work out at the Y May 20th - June 24th.
3. Compete to win free tickets and more!
 - All challenge participants will receive two free ticket vouchers to use at a 2019 Bees game of your choice.
 - Each member of the winning team will receive four free tickets to use at a 2019 Bees game of your choice.
 - The top three performers on each team will earn a prize:
 - 1st place wins a Y gift certificate for a one hour personal training session
 - 2nd place wins a Y gift certificate for a 30 minute chair massage
 - 3rd place wins \$25 Y bucks gift certificate to use on a program of your choice.



The Meriden-New Britain-Berlin YMCA is the official health and fitness center of the New Britain Bees.

NEW BRITAIN
50 High Street
New Britain CT 06051
P 860 229 3787
www.nbbymca.org
facebook.com/NBBYMCA

BERLIN YMCA
362 Main Street
Berlin CT 06037
P 860 357 2717
www.nbbymca.org
facebook.com/BerlinYMCA

MERIDEN YMCA
110 West Main Street
Meriden, CT 06451
P 203 2235 6386
www.meridenymca.org
facebook.com/YMCA.Meriden



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HIT A HOME RUN FOR HEALTH AND FITNESS SHAPE UP CHALLENGE

HOW IT WORKS:

- Members age 18 and over complete the registration form and return it to the Front Desk by May 17th. Contest will run Monday May 20th - Monday June 24th.
- Participants will complete their workouts and submit a signed workout form each day they visit the YMCA. Completed workout forms must be signed by class instructors, Fitness Center Staff, lifeguards or Member Service Desk staff who can verify your workouts.
- Participants must perform at least 30 minutes of an activity to receive credit. One point per day can be earned.
- Participants can earn points for exercising at the New Britain and Meriden branches.
- Participants can join one team, either Meriden or New Britain.
- Contest ends at 9:00 p.m. on Monday June 24th.



REGISTRATION FORM:

MEMBER NAME (PLEASE PRINT) _____

EMAIL ADDRESS: _____

PHONE NUMBER: _____

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