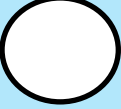
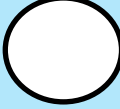
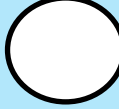
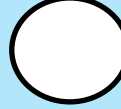
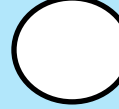
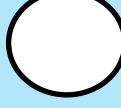









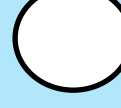




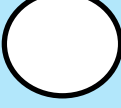
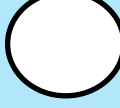
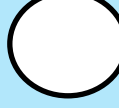

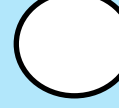


Name: _____

** See backside for game guidelines **

F	I	T	G	O
 Log in to Y360 and take a Live Streaming Group Exercise Class	 Sample something from the Kids & Family Channel on Y360	 Download the new Daxco Membership App and toggle on for notifications.	 Find a healthy recipe on Y360, prepare it and enjoy!	 Grab a friend and explore the outdoor "Fit Yard" together
 Download the new Daxco membership app and set up your barcode for easy check in	 Sample something from the Challenges Channel on Y360	 Take a group exercise class, on land or an aqua class!	 Download the Y360 App	 Update your membership account photo if it is more than a year old
 Grab a friend and take a virtual class together using Y360	 Verify the contact information on your membership account (email address & phone)	 Sample something from the Boomers and Beyond Channel on Y360	 Sample something from the Around the Y Channel on Y360	 Do 10 minutes of cardio on one of our newly installed outdoor cardio machines
 Sample something from the Mind Body Channel on Y360	 Do a guided meditation on Y360	 Ask a wellness coach to show you how to use something in the outdoor area	 Discover today's class offerings by looking at the home screen of the Daxco membership app	 Do a strength training workout in the Fit Yard - our new outdoor space
 Take a photo or video of yourself using something in the outdoor fitness area, post to FB or IG and tag the Sonoma County Family YMCA	 Sample something from the Fitness First Channel on Y360	 Use the QR code on a piece of equipment in the outdoor area to learn more about all the ways to utilize it.	 Use one of the guest passes on your account to introduce a friend to the Y.	 Log a workout on the Daxco membership app

Guidelines

- ◆ Objective: Check the circles off in each activity square you complete. Complete five activities to form a row, column, or diagonal and get *a prize!



- ◆ Complete the entire card to be entered in a drawing for a special prize.



- ◆ Each completed activity counts as one. No double counting.
- ◆ Challenge starts 1/21/24 and runs through 2/21/24.
- ◆ Turn your completed FITGO card at the Member Service Center to redeem your prize, and be entered into a drawing for a special prize if you complete the entire card.
- ◆ See a Member Service Staff or Wellness Coach for more information.

***One prize per individual**

Instructions to access Y360

Here is how you access Y360...

Please visit <https://ymca360.org/>

Click log in button

Enter your zip code, click continue

Select your branch - Sonoma County Family YMCA.

Enter your email address, click continue. *This must be the email address you have listed on your membership account. If you are unsure about this please visit our membership department to confirm your email address on file.

You will receive a 6-digit email code, via email (you might check your junk mail or spam too).

Enter this code, click continue.

You will be let in!



PLAY FITGO

CHALLENGE YOURSELF AND WIN PRIZES

- ◆ Get to know all of our newest member benefits
 - ◆ Virtual Y 360 platform
 - ◆ Upgraded membership app
 - ◆ Our fabulous outdoor fitness area the "Fit Yard"
- ◆ Check the circles off in each square you complete. Complete five activities to form a row, column, or diagonal and get a prize! Complete the entire card to be entered into a drawing for **3 months of membership free and 2 personal training sessions!**
- ◆ Each completed activity counts as one. No double counting.
- ◆ Turn your completed FITGO card at the Member Service Center to redeem your prize, and be entered into a drawing for if you complete the entire card.
- ◆ See Membership Staff or a Wellness Coach for more information.

F	I	T	G	O
<input checked="" type="checkbox"/> BE	<input type="checkbox"/> YOUR	<input type="checkbox"/> OWN	<input type="checkbox"/> BEST	<input type="checkbox"/> FRIEND
<input type="checkbox"/> SPEND	<input checked="" type="checkbox"/> SOME	<input type="checkbox"/> QUALITY	<input type="checkbox"/> FAMIY	<input type="checkbox"/> TIME
<input type="checkbox"/> CHALLENGE	<input type="checkbox"/> YOURSELF	<input checked="" type="checkbox"/> TO MAKE	<input type="checkbox"/> GOOD	<input type="checkbox"/> HABITS
<input type="checkbox"/> GIVE	<input type="checkbox"/> TO	<input type="checkbox"/> OTHERS	<input checked="" type="checkbox"/> IN	<input type="checkbox"/> NEED
<input type="checkbox"/> STEP	<input type="checkbox"/> OUT OF	<input type="checkbox"/> YOUR	<input type="checkbox"/> COMFORT	<input checked="" type="checkbox"/> ZONE

