



CASTLE ROCK PARKS AND RECREATION FITNESS & WELLNESS

BINGO

CHALLENGE

Tubular Take a ride down the tube slide	New Equipment Try out a new Life Fitness bike in cardio area	Hi Donna! Give Donna's Wednesday noon yoga class a try	Better Together Bring a friend and workout together (limit 1)	Weekend Warrior Come workout on a Saturday or Sunday
Rock Your Ride! Take one of our cycle classes	Make A Splash Swim some laps in the pool or attend an aqua fitness class	Flex It Complete 20 pushups	Daily Grind Attend 5 classes in 1 week	Say Cheese Use #I♥CR on social media with a selfie from your workout
New Adventures Take a class from a teacher you haven't taken a class from yet	Step It Up Earn some extra steps by parking in the lower lot	#I♥CR	Rise and Shine Get to the Rec before 8 a.m. for your workout	Be Friendly Introduce yourself to the front desk, instructor or another patron
Stay Connected Follow @crparksrec on Instagram	Hi Kelly! Take any class taught by Kelly	Heart Pumping Complete 15 laps (1 mile) around the track	Shake It Try out one of our dance classes	New Equipment Try out a new Life Fitness treadmill in cardio area
They See Me Rollin' Spend a few minutes on the foam roller	Make a Resolution Use #I♥CR on social media or write it on the back of this card	New Equipment Try out a new Life Fitness elliptical in cardio area	Play Ball Enjoy a game of racquetball, basketball or pickleball	Pump It Up! Try out a new strength exercise or machine in the weight room

CHALLENGE RULES

- Complete 5 squares in a row to win a BINGO prize
- Complete all 25 squares on the card to win an Under Armour shirt
- All squares must be initialed and dated by the appropriate staff member
- All cards must be presented to the front desk to receive prizes

NAME: _____