



# SPRING BINGO CHALLENGE

MON. 4/14 THRU SAT. 5/17



OPEN TO NON-MEMBERS

Get FIVE in a row to qualify for prize drawing. 10 winners will each get a \$50 Gift Card for 3 Monkeys in Harwich Port, + a \$50 Chatham Works Gift Card. Please note date of completion for all 5 activities and submit by Tues. 5/20.

See website for important info + electronic version w/ links to full details for each activity!



Class is free for your guest 😊 ... but not for you 😞 (sorry!)

MYZONE users only. ❤️

☀️ FREE Outdoor Event. Family + friends welcome!

🔥🧊 Special paid event. [10% early bird discount!]

🌟 Special CW Fitness Event. (reg. class price.)

**NO SINGLE WORKOUT OR CLASS CAN BE COUNTED MORE THAN ONCE!**

🌙 Bring any (non-member) friend / relative for FREE to a Night Class	Share your Myzone workout on social media 📱	Buy a CW logowear item (hat, t-shirt, sweatshirt, etc.) for 20% off	🚲 Bike from CW to Pleasant Lake Pizza Shark, and back. [FREE EVENT 5/4]	Take a YOGA Class 🧘
High Five your Trainer / Instructor 🙌	Concept2 Test: Row or Ski 500 meters <u>OR</u> bike 1000 meters for time 🕒	Take a Team Training BUILD Class 💪	Take a Team Training SPECIAL Class 🎁	Bring a MALE (non-member) for FREE to a Class ♂
Bring a FEMALE (non-member) for FREE to a Class ♀	🧹🏖️ Participate in EARTH DAY Beach Clean-up [FREE EVENT 4/22]	Take an AROUND THE WORKS Class [Sat. 4/26 & Fri. 5/2]	Take a Class type you've NEVER taken before 🆕	Perform 2 minutes of 4/4/4/4 box breathing at least 1x per week 🫁
Do 🔥 Sauna + 🧊 Cold Plunge [Special paid event 4/26. 10% early bird discount!]	Take a Team Training BURN Class 🔥	Take a Pilates, Barre, or CoreFusion Class 😊	Take a Rest Day zzz	Take a SPIN Class 🚲
Take the Myzone Fitness Test 2.0 📈	Set a SMART Goal and Write it Down 🎯	Earn 1300+ MEPs in Myzone for the Month 📊	Do a 45+ min. steady state Zone 2 Cardio Workout (conversational pace) ❤️	Do the CW Octathlon Challenge [Fri. 5/16]

I hereby certify under penalty of 10,000 burpees that my representations herein are accurate and true.

NAME: \_\_\_\_\_