



SPRING BINGO CHALLENGE

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!

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| 🌙 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 OR 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 🛌 | 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 (conversation-al pace) 💙 | Do the CW Octathlon Challenge [Fri. 5/16] |