

RISING FITNESS  Chris ZOOM THURSDAY 7:30 AM Code: _____	STRENGTH & CARDIO  Kathleen ZOOM TUESDAY 7:30 AM Code: _____	YOGA  Elaine INSTAGRAM LIVE MONDAY 1:10 PM Code: _____	CLASS OF YOUR CHOICE Class: _____ Code: _____	CORE CAFE  Kendra ZOOM FRIDAY 1:10 PM Code: _____
VINYASA YOGA INTERMEDIATE  Rose ZOOM THURSDAY 5:00 PM Code: _____	LEGS SCULPT  Amanda ZOOM MONDAY 7:00 PM Code: _____	RISING FITNESS  Dillon ZOOM THURSDAY 7:30 AM Code: _____	CO-FIT 19  Chris ZOOM TUESDAY 1:10 PM Code: _____	YOGA FLOW  Mo INSTAGRAM LIVE THURSDAY 11:00 AM Code: _____
STRENGTH & CARDIO  Kathleen ZOOM MONDAY 12:10 PM Code: _____	BALANCE, STRENGTH & RELAX  Dillon INSTAGRAM LIVE FRIDAY 12:10 PM Code: _____	FREE		YOGA  Kellie INSTAGRAM LIVE WEDNESDAY 11:00 AM Code: _____
KICKBOXING JAM  Arnaldo INSTAGRAM LIVE THURSDAY 1:10 PM Code: _____				
DIRTY 30  Kendra ZOOM WEDNESDAY 12:10 PM Code: _____	YOGA  Elaine INSTAGRAM LIVE TUESDAY 6:00 PM Code: _____	BOOTCAMP  Amanda ZOOM WEDNESDAY 7:00 PM Code: _____	STRENGTH & MOBILITY FLOW  Deb INSTAGRAM LIVE THURSDAY 2:00 PM Code: _____	CLASS OF YOUR CHOICE Class: _____ Code: _____
#TBT TOTAL BODY THURSDAY  Amanda ZOOM THURSDAY 12:10 PM Code: _____	CARNIVAL SPICE  Sulaire ZOOM WEDNESDAY 6:00 PM Code: _____	CORE CAFE  Chris ZOOM WEDNESDAY 1:10 PM Code: _____	CIRCUIT TRAINING  Arnaldo INSTAGRAM LIVE TUESDAY 12:10 PM Code: _____	STRENGTH & YOGA  Abbey INSTAGRAM LIVE MONDAY 5:00 PM Code: _____

FITNESS CLASS BINGO

HOW TO PLAY:

Complete one line or the whole card by attending fitness classes. Stay to the end to get the code word to write into the class box. Each line completed equals one entry to a draw for prizes.

BONUS entries will be given to participants who bring a current Humber or Guelph-Humber student with them to participate in the challenge.

Submit the name of the student on your BINGO card. If the student completes one line or a whole card and submits it, you will both receive a bonus entry to the draw.

March 1st to March 26th - draw will be held on March 29th

Send completed BINGO cards to:
kendra.trodd@humber.ca

Name: _____

Referred Student Name: _____

Student or Staff _____

Student # or Department Name: _____