

AIM FO MAINTAIN hybrid



Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

WEEK 1

Check Into Kroc
Bonus Week

WEEK 2

BodyPump
Bonus Week

WEEK 3

Cycle Classes
Bonus Week

WEEK 4

Zumba
Bonus Week

WEEK 5

Aqua Classes
Bonus Week

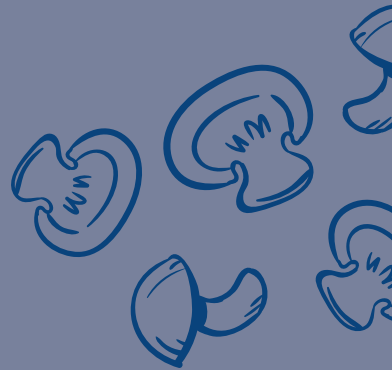
WEEK 6

BodyBalance
Bonus Week

Nov 21	Nov 22	Nov 23	Nov 24	Nov 25	Nov 26	Nov 27
Nov 28	Nov 29	Nov 30	Dec 1	Dec 2	Dec 3	Dec 4
Dec 5	Dec 6	Dec 7	Dec 8	Dec 9	Dec 10	Dec 11
Dec 12	Dec 13	Dec 14	Dec 15	Dec 16	Dec 17	Dec 18
Dec 19	Dec 20	Dec 21	Dec 22	Dec 23	Dec 24	Dec 25
Dec 26	Dec 27	Dec 28	Dec 29	Dec 30	Dec 31	Jan 1

GOALS SET:

GOALS MET:





Ways to Earn Entries:

- Fill out "Goals Set" to establish your objectives on Goals Sheet = 1 entry
 - Attend a Live Group Fitness Class at Kroc = 1 entry per class
 - Attend a Les Mills Virtual Group Fitness Class at Kroc = 1 entry per class
 - Bonus Week entries = 2x entries for each Bonus Week class attended
- Join Aim to Maintain Facebook Group via Kroc Center of Memphis Facebook page = 1 entry
 - Attend a virtual class/demo on Facebook Live = 1 entry per video watched
 - Track other indoor exercise (treadmill, elliptical, machines, etc.) = 1 entry
- Track outdoor exercise (walking, running, other outdoor recreation) = 1 entry
 - Fill out "Goals Met" to see your progress on Goals Sheet = 1 entry

Submit completed Goal Sheet between January 2 - 8 to The Kroc Center of Memphis or scan and email to melissa.bamford@uss.salvationarmy.org = 1 entry



Join the Facebook Group!



NAME : _____

EMAIL : _____

PHONE # : _____

Add me to Kroc Newsletter

ORGANIZATION :

Kroc Memphis

Baptist

Salvation Army

Other _____