

NAME: _____

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| <p>Go Dawgs! Come to the Y in UGA gear!</p> | <p>Christmas Spirit Saturday! Visit the Y on a Saturday!</p> | <p>Christmas Cookies! Try a healthy cookie recipe at home!</p> | <p>12 Days of Christmas! Visit the Y 12 times in December!</p> | <p>5 Golden Rings! Take 5 fitness classes in December!</p> |
| <p>Rockin' Around the Fitness Center! Spend 20 minutes on the cardio side!</p> | <p>Santa Claus is Coming to Class! Wear a Santa hat to a fitness class!</p> | <p>Season's Greetings! Send a Christmas Card to the Y!</p> | <p>Christmas STAY-cation! Complete an online workout at home!</p> | <p>Having a Ball at Christmas! Play a game on the racquetball or basketball courts!</p> |
| <p>7 Swans a Swimming! Workout in the indoor pool!</p> | <p>Jingle Bell Rock! Listen to Christmas Music during your workout!</p> | <p>FREE SPACE!</p> | <p>Walking in a Winter Wonderland! Workout at the outdoor track!</p> | <p>merry Christmas! Visit the Y wearing a YMCA shirt or sweatshirt!</p> |
| <p>Better with a Bestie! Bring a friend to the Y! Stop by the front desk to get a pass!</p> | <p>Little Drummer Boy! Attend a POUND class in December!</p> | <p>A Christmas Story. Share the Bingo Challenge on your story and tag the Y!</p> | <p>Hang Up Your Stockings! Wear your favorite Christmas socks to the Y!</p> | <p>Rockin' Around the Fitness Center! Spend 20 minutes on the weight side!</p> |
| <p>2 Turtledoves! Attend 2 fitness classes in 1 day!</p> | <p>Family Christmas Vacation! Visit the Y with a family member! Stop by the front desk to get a pass!</p> | <p>Spread ChristmasY Cheer! Purchase some YMCA merch from our holiday gift guide!</p> | <p>Merry Christmas! Introduce yourself to someone new! (**write their name below)</p> | <p>Working up a SWEATER! Visit the Y in a Christmas Sweater.</p> |
