

NAME: _____

Attack the Day! Come to the Y in UGA gear!	Christmas Spirit Saturday! Visit the Y on a Saturday!	Christmas Cookies! Try a healthy cookie recipe at home!	12 Days of Christmas! Visit the Y 12 times in December!	5 Golden Rings! Take 5 fitness classes in December!
Rockin' Around the Fitness Center! Spend 20 minutes on a cardio machine!	Santa Claus is Coming to Class! Wear a Santa hat to a fitness class!	Season's Greetings! Send a Christmas Card to the Y!	Jingle Bell Mile Swim! Participate in the Athens YMCA Jingle Bell Mile!	Having a Ball at Christmas! Play a game on the racquetball or basketball courts!
7 Swans a Swimming! Workout in the indoor pool!	Jingle Bell Rock! Listen to Christmas Music during your workout!	FREE SPACE!	Walking in a Winter Wonderland! Workout at the outdoor track!	merryY Christmas! Visit the Y wearing a YMCA shirt or sweatshirt!
Better with a Bestie! Bring a friend to the Y! Stop by the front desk to get a pass!	Little Drummer Boy! Attend a POUND class in December!	A Christmas Story! Share the Bingo Challenge on your story and tag the Y!	Hang Up Your Stockings! Wear your favorite Christmas socks to the Y!	Rockin' Around the Fitness Center! Spend 20 minutes lifting weights!
2 Turtledoves! Attend 2 fitness classes in 1 day!	Family Christmas Vacation! Visit the Y with a family member! Stop by the front desk to get a pass!	A Very Merry Mile! Walk one mile on the track or on a treadmill!	Merry Christmas! Introduce yourself to someone new! (**write their name below)	Working up a SWEATER! Visit the Y in a Christmas Sweater.
