

BINGO GYIS

More Than Just Fitness!

Name: _____

Collect Your Stamps!

Sept. 26-Oct. 21

Came to the Mobility Session Oct 11th or Oct. 20th 6pm @ the Park	Register & Participate in Pushups For Charity www.Pushups22.com Hit "Register" Join our team	Brought a friend to <u>Bring A Friend Week</u> October 10th-15th
Attended a Cardio Club Session Or Attend Advcoare Mixer at the Linder's Oct. 6th	GYIS More Than Just Fitness!  Free Space	Posted YOUR favorite Healthy Recipe on GYIS VIP Facebook Group
Came to At least 9 GYIS Sessions in the 4 weeks. Includes both fitness and CC sessions	Got weighed and Measured on 7th or 21st OR Attend a Saturday Session 8th or 15th	Got Post a Photo on your own Facebook page w/GYIS gear and add hashtag #IamGYIS

Get Any 3 Across & WIN

Blender Bottle

★	★	★

Get 2 Lines of 3 Across in Any Direction & WIN

GYIS 9th Year T-shirt

		★
	★	
★	★	★

Get a Full Card & WIN

Chance to Win a Free Month (& other Great Prizes!)

★	★	★
★	★	★
★	★	★

Bring your card and get it stamped!

Turn in your card by Friday, October 21st to get your Prize or Prizes!

GOOD LUCK!