



# TWO IS BETTER THAN ONE

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## BUDDY BINGO

Members and guests, your challenge over the next few weeks is to complete 8 squares on this Bingo Card together and you both will win a prize! It's a great way to keep each other motivated and get to know the Y.

Spend at least 20 minutes on a piece of cardio equipment 4 times.



Take a morning TRX class with Chris.

Learn about volunteer opportunities by visiting the Member Center.



Attend your first appointment for the 12-Week Personal Fitness Program.

Swim in the pool for 20 minutes.

Do a medicine ball pass with your buddy for your core.

Participate in a Yoga Class.



Learn which sports were invented at the YMCA.

Take a cycle class.



Connect with one of our Y Staff Directors.

Play a game of HORSE on the Y basketball court.

Sign up for the Miller YMCA Weight Loss Challenge.



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## START PLAYING BUDDY BINGO

1. Fill in the information to the right, then check in with the Member Center to register. You and your buddy will share one card.
2. Each time you complete a square, please ask any of our friendly staff members to sign their initials on the line of that square.
3. When you exit the Y, place your Bingo Card at the Member Center. That way you won't have to worry about misplacing or forgetting it.
4. On your next visit, grab your card from the Member Center and continue completing squares.
5. Finished at least 8 squares? Swing by the Member Center to claim your prize!

**Remember, you have until March 31 to collect BINGO.**

## Information for Buddy

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_

Phone \_\_\_\_\_

Start Date \_\_\_\_\_ Staff Signature \_\_\_\_\_

## YMCA Member Information

Name \_\_\_\_\_

Account # \_\_\_\_\_



This pass is for March 1-31, 2012. You must be 18 years old and accompanied by a current YMCA facility member when using the facility during your trial period and to redeem this offer. YMCA Members may only register one buddy.