

Take the 14 DAYS OF FITNESS CHALLENGE February 1-14

PRIZES*

- Complete 14 Days - Be entered for a chance to **win a 1 Year All-Inclusive Fitness Membership.**
- Complete 10-13 Days - Be entered for a chance to **win 6 months added on to your current Fitness Membership.**
- Complete 6-9 Days - Be entered for a chance to **win 3 months added on to your current Fitness Membership.**

*Each prize will have 1 winner per facility. If a prize is awarded to an EFT membership holder, your membership will not be billed for the specified period of time awarded.

1. Complete one of the challenges each day and have a fitness staff sign their full name in each completed box.
2. If you decide to take a Group Fitness Class have the instructor sign your calendar. Staff must sign their full name to qualify.
3. Turn in your completed 14 Days of Fitness Calendar on or before February 14, 2025. **NO CALENDARS WILL BE ACCEPTED AFTER February 14.** Winners will be contacted by fitness staff after February 17.

Your Name: _____

<p>1</p> <p>Add your February fitness goal to our Heart Strong Wall.</p> <p>OR</p> <p>Do 3 sets of core exercises.</p> <p>_____ <i>Staff Signature</i></p>	<p>2</p> <p>Register for the 2025 Frozen Oaks 5K.</p> <p>OR</p> <p>Walk 1 mile around the track. <i>(12 laps = Randall Oaks or 14 laps = Rakow Center).</i></p> <p>_____ <i>Staff Signature</i></p>	<p>3</p> <p>Do 3 sets of 2 different upper body exercises.</p> <p>OR</p> <p>Do 3 sets of 2 different lower body exercises.</p> <p>_____ <i>Staff Signature</i></p>	<p>4</p> <p>Participate in one of our Group Exercise Classes.</p> <p>OR</p> <p>Walk 1 mile around the track. <i>(12 laps = Randall Oaks or 14 laps = Rakow Center).</i></p> <p>_____ <i>Staff Signature</i></p>	<p>5</p> <p>Do 30 minutes of any type of cardio.</p> <p>OR</p> <p>Do 3 sets of 2 different back exercises.</p> <p>_____ <i>Staff Signature</i></p>	<p>6</p> <p>Like the Dundee Township Park District Facebook page AND write a recommendation about the Fitness Center.</p> <p>OR</p> <p>Write a Google review about the Dundee Township Park District Fitness Center.</p> <p>_____ <i>Staff Signature</i></p>	<p>7</p> <p>Do 3 sets of exercises of your choice.</p> <p>OR</p> <p>Wear Red Day in recognition of heart disease during American Heart Month. #WearRed</p> <p>_____ <i>Staff Signature</i></p>
<p>8</p> <p>Participate in one of our Group Exercise Classes.</p> <p>OR</p> <p>Do 3 sets of biceps and triceps exercises.</p> <p>_____ <i>Staff Signature</i></p>	<p>9</p> <p>Do 3 sets of 1 upper body exercise and 1 lower body exercise.</p> <p>OR</p> <p>Walk 1 mile around the track. <i>(12 laps = Randall Oaks or 14 laps = Rakow Center).</i></p> <p>_____ <i>Staff Signature</i></p>	<p>10</p> <p>Do 3 sets of core exercises.</p> <p>OR</p> <p>Walk the track for 30 minutes.</p> <p>_____ <i>Staff Signature</i></p>	<p>11</p> <p>Do 3 sets of 2 exercises of your choice and 15 minutes of a cardio exercise of your choice.</p> <p>OR</p> <p>Take a selfie at the Fitness Center and share on Facebook or Instagram.</p> <p>_____ <i>Staff Signature</i></p>	<p>12</p> <p>Do 2 upper and 2 lower body exercises.</p> <p>OR</p> <p>Walk 1 mile around the track. <i>(12 laps = Randall Oaks or 14 laps = Rakow Center).</i></p> <p>_____ <i>Staff Signature</i></p>	<p>13</p> <p>Refer a new fitness member.</p> <p>OR</p> <p>Write a Google review about the Dundee Township Park District.</p> <p>_____ <i>Staff Signature</i></p>	<p>14</p> <p>Like the Dundee Township Park District Facebook page AND write a recommendation about the Fitness Center.</p> <p>OR</p> <p>Accomplish the goal that you posted on our Heart Strong Wall.</p> <p>_____ <i>Staff Signature</i></p>