

Get Moving. Get Motivated.

How many days can you exercise for 30 minutes or more?

The Auburn & Skaneateles Ys encourage you to exercise for 30+ minutes a day for the next 30 days. Checkmark our calendar every time you exercise for 30 min or more for the next 30 days; turn in the calendar at the end of the month and collect Y swag.

Workouts can take place anywhere. Start at any time during the month.

No registration required

This program is for Auburn & Skaneateles Y members & staff age 16+ only.

Please turn the calendar in at the Member Services desk of either branch no later than July 8.

We've Got Prizes!

- Complete 1-14 days win Y swag
- 15 -24 days upgrade your swag
- 25-30 days win a swag bag

Group Ex Bonus

1. Attend a group exercise class on 3 of the 5 days noted to earn a Y T-shirt.
2. Bonus! Attend 3 of 5 days of group ex and a Y-360 virtual class earn a Y day pass for a friend.

Raffle! (We love raffles)

All members who exercise 25 -30 days will be entered to win \$50 in Y-Bucks

Y-bucks may be used toward membership and program fees.



Move In June

Move In JUNE



A little progress each day adds up to BIG results!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6 Group Fitness Day!	7	8	9	10	11
12	13	14 Group Fitness Day!	15	16	17	18
19	20	21	22 Group Fitness Day!	23	24 Group Fitness Day!	25
26	27	28	29	30 Group Fitness Day!	Tag the Y on our socials! We love to see your progress.	

Name:

Phone: