

Challenge yourself!
Challenge your friends!

Lose weight!
Stay fit!
Win prizes!

**Are you
ready?!!**



Two categories!

Maintain your weight
through the holidays!

Lose weight and inches!

With either category, earn
points by participating
in Zumba classes and playing
Fitness Challenge BINGO!



ZOOM BODY FITNESS

BINGO 8 weeks!

October 26th - December 17th 2015

\$20 buy-in per participant

Lose Weight and Inches category:

Points accrued by weight loss, inches, participation and
BINGO card:

- 50 points for every percentage of weight lost
- 50 points for each inch of total inches lost (6 areas)

Maintenance category:

- 100 points for staying at starting weight or below

- Complete the entire card = 100 points
- Complete a row (horizontal, diagonal, vertical) = 10 points
- Two stamps per person per class
- 20 points per weekly challenge completed
- 10 points for each Zumba® (ZBF) class attended

PRIZES:

- 1st place - \$\$\$\$\$
- 2nd place - punch card
- 3rd place - Zumba swag