



4-WEEK
CHALLENGE,
4/20-5/17



#StayWithUs VIRTUAL FITNESS CHALLENGE

WELCOME TO THE CHALLENGE! IF YOU HAVE ANY QUESTIONS, CONTACT YOUR TEAM LEAD.

TEAM LEADS

CHALLENGE DIRECTOR: Shannon Sprowls
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CITRUS YMCA: Tracy Joyner
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CLEARWATER YMCA: Lisa Warren
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JP GILLS YMCA: Lillie Schiavone
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NORTH PINELLAS YMCA: Jillian Coleman
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PALM HARBOR YMCA: Ginny Lisle
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RIDGECREST YMCA: Shannon Wynn
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WHEN IS THE CHALLENGE?

DURATION: The challenge is 4 weeks, from April 20th - May 17th

WEEKS: Each week starts Monday morning and ends the following Sunday night (get your workout in by 11:59pm)

HOW DOES THE CHALLENGE WORK?

CORE ACTIVITIES: Complete 3 of the Core Activities each week. You will have 5 or more options to choose from.

GETTING CREDIT: You must complete the activity and then mark the poll on your team's Facebook page to get credit

BONUS ACTIVITIES: Complete bonus activities to earn extra points for your team.

WHAT IF I KNOW I HAVE A CONFLICT ONE WEEK?

PLAN AHEAD: You can complete workouts up to one week in advance, to accommodate for an upcoming conflict

HOW DO YOU WIN?

SCORING: The team with the highest percentage of participants completing 3 Core activities each week wins

TIE BREAKER: Bonus points will be used to determine the winner in a tie breaker situation

COMMUNICATION

FACEBOOK TEAM PAGE: Stay tuned to your team page for communication from your team leader.

WORKOUTS/ACTIVITIES: Workout options will be posted 1 week in advance.