

LIFELONG FIT BINGO

*two aqua
classes*

*two HQ
Anywhere
workouts*

*two yoga
classes*

*two days
walking
club*

*two pilates
classes*

*two
flexibility
in a week*

*five days
in a week*

*two zumba
classes*

*three days
in a week*

*two
les mills
classes*

*four
cardio
in a week*

*two yoga
classes*

FREE

*one
safe social
event*

*two
strength
in a week*

*two pilates
classes*

*two days
walking
club*

*two
strength
in a week*

*two zumba
classes*

*four
cardio
in a week*

*two
les mills
classes*

*two aqua
classes*

*two HQ
Anywhere
workouts*

*two
flexibility
in a week*

*one
safe social
event*