the YMCA

BINGO

30 Cardio Minutes 20 pts	100 Jumping Jacks 100 Sit Ups 100 Squats 20 pts	Online Exercise Class 50 pts	30 Min House Work 10 pts	45 Min Walk with a Child 30 pts	Online Yoga Class 50 pts	45 Cardio Minutes 30 pts
20 Push Ups 1 Min Plank 20 Crunches X3 10 pts	30 Min Yard Work 10 pts	30 Cardio Minutes 20 pts	Online Exercise Class 50 pts	45 Cardio Minutes 30 pts	10 Min Meditation 40 pts	Free Choice 30 Minutes 20 pts
45 Cardio Minutes 30 pts	20 Min Dance Party 20 pts	Core Workout 20 pts	Recreational Sport Activity 30 pts	Free Choice 30 Minutes 20 pts	20 Push Ups 1 Min Plank 20 Crunches X3 10 pts	Online Exercise Class 50 pts
100 Jumping Jacks 100 Sit Ups 100 Squats 20 pts	Online Exercise Class 50 pts	Free Choice 30 Minutes 20 pts		30 Min House Work 10 pts	Free Choice 1 Hour 20 pts	30 Cardio Minutes 20 pts
Core Workout 20 pts	Free Choice 30 Minutes 20 pts	30 Min Yard Work 10 pts	20 Push Ups 1 Min Plank 20 Crunches X3 10 pts	20 Min Dance Party 20 pts	45 Min Walk with a Pet 20 pts	Recreational Sport Activity 30 pts
Online Exercise Class 50 pts	45 Cardio Minutes 30 pts	Recreational Sport Activity 30 pts	Outdoor Run 30 pts	Online Yoga Class 50 pts	30 Cardio Minutes 20 pts	45 Min Walk with a Friend 20 pts
30 Cardio Minutes 20 pts	Outdoor Run 30 pts	45 Cardio Minutes 30 pts	20 Push Ups 1 Min Plank 20 Crunches X3 10 pts	Recreational Sport Activity 30 pts	Online Exercise Class 50 pts	100 Jumping Jacks 100 Sit Ups 100 Squats 20 pts