

POINT SYSTEM- *Maximum 5 Points Per Day*

- 2 POINTS>>>>>Participate in any regular scheduled (paid) group class (2 pt. max per day)
- 1 POINT>>>>>> <u>Participate in any Group walk</u> on the Beat the Heat Fitness schedule (1 pt. max per day)
- 1 POINT>>>>>> Participate in any Beat the Heat Fitness Class (1 pt. max per day)
- 1 POINT>>>>>>Complete any workout of at least 30-minutes, no matter the type or intensity (1 pt. max per day) <u>This includes strength, cardio, stretch, walking, biking, swimming, golf, putting, tennis,</u> <u>pickleball but does not include housework</u>

* All prizes will be awarded through a drawing of raffle tickets on Friday, June 16th at the Montecito ballroom at 12:00 PM

*Any participant who earns 50 pts will be entered in the raffle to win a prize

*Any participant who earns 75 pts will get one entry to the Grand Prize drawing.

LAST DAY TO ACCUMULATE AND REPORT POINTS IS FRIDAY, JUNE 9TH by 5 P.M.