



# Program Guidelines

Beat the Heat registration Fee \$25 per person.

Program Dates: May 6th – June 1st, 2024.

## POINT SYSTEM- **\*Maximum 5 Points Per Day\***

- **2 POINTS>>>>>>>>>** Participate in any regular scheduled (paid) group class **(2 pt. max per day)**
- **1 POINT>>>>>>>>>** Participate in any Group walk 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)**  
This includes strength, cardio, stretch, walking, biking, swimming, golf, putting, tennis, pickleball but does not include housework 😊

\* All prizes will be awarded through a drawing of raffle tickets on Friday, June 14<sup>th</sup> at the Montecito ballroom at 12:00 PM

\*Any participant who earns 45 pts will be entered in the raffle to win a prize

\*Any participant who earns 70 pts will get one entry to the Grand Prize drawing.

**LAST DAY TO ACCUMULATE AND REPORT POINTS IS  
SATURDAY, JUNE 1<sup>st</sup> by 5 P.M.**