

## **POINT SYSTEM**

## \*MAXIMUM 5 Points PER DAY \*

Program Dates: May 6<sup>th</sup> – June 1<sup>st</sup>, 2024.

2 point>>>>>>>>>> Attend any regular scheduled (paid) group exercise class (2pt max per day)

1 point>>>>>>> GROUP-WALK on the Beat the Heat Schedule

1 point>>>>>>>>> Attend any Beat the Heat Class Schedule

This includes strength, cardio, stretch, walking, biking, swimming, golf, putting, tennis, pickle ball but does not include housework ©

LAST DAY TO ACCUMULATE AND REPORT POINTS IS SATURDAY, JUNE 1st by 5 P.M.