

heart month **CHALLENGE**

BINGO February 1-28, 2026

Member Name: _____

Email: _____

H	E	A	R	T
Walk or Run 5km	Attend any Vaughan Fitness Class	Attend length swim or aquafitness class	Complete a resistance training workout	Attend a Queenax class
Staff signature _____	Staff signature _____	Staff signature _____	Staff signature _____	Staff signature _____
Go to a Spin Class OR cycle on any bike for 30-minutes	Go to a recreational skate or drop-in sport activity	Attend a Pilates or Yoga Class	Complete a full-body workout: Warm-up, cardio, weights and stretch	Challenge a fitness staff to one of the 3 exercises: Plank, battle rope or wall sit
Staff signature _____	Staff signature _____	Staff signature _____	Staff signature _____	Staff signature _____
Complete 3 minutes on a rower OR ski-erg machine	Challenge a friend to a game of Squash OR Pickleball	Do a lower body resistance workout	Complete a 30-minute cardio workout on any machine	Attend a Pilates or Yoga Class
Staff signature _____	Staff signature _____	Staff signature _____	Staff signature _____	Staff signature _____
Complete any workout on a weekend	Visit another Vaughan Fitness centre for a workout	Register and Attend a drop-in sport (volleyball, badminton, hockey etc.)	Update your picture at the Customer Service Desk	Complete an upper body resistance workout
Staff signature _____	Staff signature _____	Staff signature _____	Staff signature _____	Staff signature _____

Complete as many activities as possible for a chance to be entered into a draw to potentially WIN a one-month membership at your local Vaughan Fitness Centre. After completing each activity, have a Vaughan Fitness Instructor, Vaughan Sports staff, or Aquatic staff member sign off to confirm completion. When your BINGO card is fully signed, return it to a Vaughan Fitness staff member. The draw will take place on March 3, 2026. 3x visit and 10x visit pass holders do not have access to drop-in sports or pool with their passes, payment required.

