

2024 PROGRAM CALENDAR

ENERGIZE CHALLENGE

Energize your members with tangible habits to build a solid base for better health and wellness. The goal is to complete and track 10 minutes of walking and stretching each day of the challenge. Habit building educational campaign recommended.

THE 6 WEEK CHALLENGE

Encourage new joiners and current members to engage in community. Program includes pre-challenge weigh-in, 2 required facility check-ins per week, and post-challenge weigh-out. Raffle prizes to winners.

READY TO MOVE

Stay focused on new goals and support heart health by reaching at least 300 min. of exercise during a 14 day period. Encourage participants to wear red on Fridays in support of heart health.

BINGO CHALLENGE

Onsite challenge to increase engagement by listing out specific tasks that participants need to complete

SHARE THE LOVE

PT SPECIAL
Give a friend a PT session + receive and your next one is on us.

TAKE A HIKE CHALLENGE

15 day challenge with a goal to “hike” 3 peaks for a little over a 58k ft. summit, or 22 mi. round trip. Use stair climb, step mill, etc. or even hike outdoors

20K DAILY STEPS CHALLENGE

Pop up challenge with a goal to reach 20k steps in one day. Plan an event to coordinate with this challenge.

MARCH MADNESS CHECK-IN CHALLENGE

Encourage visits at site in March with this check-in challenge.

CORE POWER CHALLENGE

2 week in challenge focused on Core training as part of your regular routine. Throughout the challenge, strive to complete 3-15 Min. core workouts each week of the challenge. Encourage participants to take core classes or schedule a session with a PT.

ACTIVE HEARTS CHALLENGE

14-day challenge on benefits of training your heart for overall health. Track calorie burn on your device and try to burn the most calories over the duration of the challenge. Educational emails encouraged for signing up.

30 MILE RIDE DAY

24-hr pop-up challenge with goal to ride 30 mi. Recommended group onsite event.

DRI-TRI ONSITE CHALLENGE

Host onsite dri-tri for members to encourage fitness and fun.

SQUAT HERO CHALLENGE

This 2-week challenge focuses on improving your squat depth and technique. In the challenge, you will tackle short mobility and strength building workouts to improve your squat. Recommended to create group sessions with PT.

FIT TEST

COMPLIMENTARY PT TEST
Members have opportunity to try a session with a Trainer by providing a free Fit Test workout.

PT SPECIAL OFFER

10% OFF PT 10+ PACKS
Opportunity for members to receive 10% off on 10 or more session packages.

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

2024 PROGRAM CALENDAR

BE STRONG CHALLENGE

Complete and track 5 strength based workouts throughout the 14 day challenge. Recommended to create group sessions with PT.

ROW FIT CHALLENGE

This 14-day challenge focuses on rowing technique; spending a short time each day at the gym completing Row intervals; 3 sets of 50m with 30 sec of rest between sets. Log workout and repeat. Raffle prizes for most consistent rower.

30-MIN. A DAY CHALLENGE

Encourage members to add more movement to daily life by committing to at least 30 min. each day of exercise this month.

20K DAILY STEPS CHALLENGE

24-hr pop-up challenge for members. The goal is to reach 20k steps in one day. Recommended to create walk club event to reach the goal together.

ONSITE EVENT

Onsite event in support of 30-A-Day initiatives. EX. Walking Club, Onsite 5k, etc.

PUSH-UP PERFECTION CHALLENGE

Perfect your push-up in this 14 day challenge focused on push-up form, strength and endurance. Complete and log 3 sets of 10 push-ups 6 times and 4 upper body stretching sessions throughout the duration of the challenge.

HERO WORKOUT ONSITE EVENT

Plan onsite HERO workout in support of 9/11.

BEAT THE TRAINER

Engage with members and potential new clients in this pop-up plank off challenge.

FALL INTO FITNESS CHECK-IN CHALLENGE

Encourage visits at site in March.

HALLOWEEN WOD CHALLENGE

In this onsite event, complete the halloween workout group session. Bonus points for costumes.

HALLO FUN ONSITE EVENT

Plan onsite Halloween event. EX. guess # candy, team workout, ect. Wear costumes and fun!

FALL SHRED

PT SPECIAL
6-week program: includes 3 PT sessions. At home workouts. 2 health coaching appt

END ZONE

Join this 6 week calorie burn challenge to end your year strong. Track calories on your wearable device.

ACTIVE RECOVERY CHALLENGE

In this 14 day challenge encourage more recovery work to your fitness routine. Track your daily recovery and stretching workout. Goal is 3 recovery workouts per week.

RECOVERY CLASS ONSITE EVENT

Pop-up class to support recovery challenge. Ex. Candlelit Yoga, Hot Yoga, Sip + Stretch, etc.

FALL 400 ONSITE CHALLENGE

Pop-up challenge event to complete and track 400 squats in one day! Beat the Trainer and engage with potential new clients.

1-MINUTE TO MEDITATE

The goal is to meditate or have quiet time for 1 minute for this 14 day challenge. Plan for meditation events to support this challenge.

COMPLIMENTARY TRAINING SESSIONS

PT SPECIAL
Give a friend a PT session + receive 10% off next pkg.

HOLIDAY GIFTS

Check with your onsite team for December deals and offerings.

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER