

2026 PROGRAM CALENDAR

20 FOR 2026 CHALLENGE

Help kick 2026 off right. Complete 20 workouts throughout the month of January to complete the challenge. Log workouts in the app. **DATES:** Jan. 1-31

SMART GOALS ONSTIE ENGAGEMENT

Guide members through SMART goal setting in a lunch & learn setting. **DATES:** TBD by Site

THE 6-WEEK ZONE CHALLENGE

6 Week ZONE Program to encourage new joiners & submerge them in a community environment. Program includes 2 Inbody scans, Unlimited ZONE Classes, educational emails & fun! **DATES:** TBD by Site

JANUARY

SOLE MATES CHALLENGE

In app challenge with the goal to walk a total of 100 miles throughout the month of February. **DATES:** Feb 1-28

STRENGTH IN NUMBERS ONSTIE ENGAGEMENT

Organize 30 min. group walk. Raffle prize for participation. **DATES:** TBD by Site

FIT TEST #1 FREE PT TESTING

Members have opportunity to set baselines with Fit Test. **DATES:** TBD by Site

LOVE YOUR WELLNESS PROMOTION

10% off packs of 10 or more. All month or specific dates.

FEBRUARY

300 CALORIE CLUB CHALLENGE

In app challenge with the goal to burn at least 300 active calories per day for 20 days out of the month. **DATES:** Mar. 1 - 31

BURN I.Q. ONSTIE ENGAGEMENT

Meet with a trainer and find your BMR (trainer to calculate and test). Raffle prize for participation. **DATE:** TBD by Site

ALL OUT EFFORT MYZONE MEPS CHALLENGE

90 Day My Effort Points (MEPS) challenge using Myzone Heart Rate Monitors. Move for MEPS for a chance to win big! **DATES:** March 1 - May 31

MARCH

WORKOUT WARRIORS CHALLENGE

Throughout the month of April complete strength workouts to achieve Warrior Status. **DATES:** Apr. 1 -30

GET A GRIP ONSTIE ENGAGEMENT

Test grip by length of dead hang or grip test. Raffle prizes for participation. **DATE:** TBD by Site

THE 4-WEEK WOW ZONE CHALLENGE

Join our 4 week WOW challenge highlighting a ZONE Workout of the Week, showcasing equipment and moves featured in the ZONE program. Points tracked for attendance! **DATES:** TBD by Site

APRIL

SPRING INTO ACTION CHALLENGE

Every hour from 9am to 3pm, move for 5 minutes in any way preferred. Log minutes in the App. **DATES:** May 1-31

MAY-BILITY ONSTIE ENGAGEMENT

Each business day for 1 week host, a stretch break in a common area. **DATE:** TBD by Site

MAY

THE GREAT OUTDOORS CHALLENGE

This June, we encourage you to get outside and move. Join the challenge to hike 20 miles in the month to help keep you accountable. **DATES:** Jun. 1-30

TREADMILL CLIMB ONSTIE ENGAGEMENT

Use the treadmill to walk on a 10% gradient for 30 minutes. Raffle prize for participation. **DATES:** TBD by site

CTRL+ALT+FIT PROMOTION

Members can utilize free Welcome Workout as if they just joined! See front desk for details **DATES:** June 1 - 30

FIT TEST #2 FREE PT TESTING

Members have opportunity to set baselines with Fit Test. **DATES:** TBD by Site

JUNE

2026 PROGRAM CALENDAR

SUMMER HEAT CHALLENGE

Burn a total of 10,000 calories from only exercise in the month of July. Does not include daily calorie burn. Log workouts in the App. **DATES:** July 1-31

HOTTER THAN HELL ONSITE ENGAGEMENT

Provide a HIIT training routine to help members maximize calorie burn in a 30 minute timeframe. **DATES:** TBD by Site

JULY

EVERY STEP COUNTS CHALLENGE

Every step counts this August. Achieve 3 miles each day throughout the month. Log your miles on the app. **DATES:** Aug 1 - 31

SF TO LA ONSITE ENGAGEMENT

All member work together to accumulate the miles it would take to walk from San Francisco to LA. **DATE:** TBD by Site

BUY 1 GIVE 1 PERSONAL TRAINING

With the purchase of any package of training, client can give a single 60 minute session to a friend at no charge with your trainer.

AUGUST

50K CREW CLUB CHALLENGE

Take on the challenge and row a grand total of 50k or more this month. Log your rowing distance in the app. **DATES:** Sept. 1-30

TEAM BOAT RACE ONSITE ENGAGEMENT

Teams of 4, each of which uses a rower to travel 500m as fast as possible. Total time recorded and ranked. Raffle prize for participation. **DATES:** TBD by Site

TEAM CHALLENGE ZONE CHALLENGE

Join this fun challenge where 4 teams face off in challenges and more for the chance to win! **DATES:** TBD by site

SEPTEMBER

SQUAT MONSTER CHALLENGE

Every weekday in the month of Oct. participants will have a different squat set to perform (3 sets or 12 reps) **DATES:** Oct. 1-31

CANDY COUNTING JAR ONSITE ENGAGEMENT

Come guess how many grams of sugar are in a jar. Raffle prize for participation. **DATES:** TBD by site

FIT TEST #3 FREE PT TESTING

Members have opportunity to set baselines with Fit Test. **DATES:** TBD by Site

TRI-4-ALS ONSITE EVENT

A triathlon themed event for ALS. **DATES:** TBD by site

OCTOBER

BURN THE BIRD CHALLENGE

Exercise for a total of 12 hours this month using any exercise modality. **DATES:** Nov 1-30

TREADMILL TROTTERS ONSITE ENGAGEMENT

Using a cardio machine in the fitness center, travel a distance of 5k. Raffle prize winners for participation. **DATES:** TBD by site

HOLIDAYZ ZONE CHALLENGE

Stay healthy this holiday. Program includes 2 Inbody Scans, Unlimited ZONE Classes, Educational Emails and Fun! **DATES:** TBD by Site Mngr.

NOVEMBER

FOCUS 15 CHALLENGE

This month, let's focus! Complete a meditation, yoga or breathwork session for 15 min, 15 days in Dec. **DATES:** Dec. 1-31

LAST MEDITATION ONSITE ENGAGEMENT

Convert a yoga class to include breathwork, focusing on meditation and mindfulness. Raffle prize for participation. **DATES:** TBD by site

VIP FIT TESTING FREE PT TESTING

VIP opportunity for Fit Testing. **DATES:** TBD by Site

HOLIDAY GIFTS PROMOTION

Check with your onsite team for December deals and offerings.

DECEMBER