



**YMCA / Sorority
FITNESS CHALLENGE**

Sorority Shape Up Size

Starts May 1st

**ExxonMobil Y
Location Only**

BONUS BRING A FRIEND FREE

FRIDAY

First **S**uper **S**orority **S**unday

Sorority Members Only

ExxonMobil YMCA/7717 Howell
Blvd. 225-906-5424

Challenge Hours

5am-8pm wed & thur / 5am-7pm fri

7:30am-1:00pm sat

The challenge is to see which sorority has the fittest sorors. The sisters of each chapter will be able to visit the ExxonMobil Y **FREE** of charge and participate in a month long fitness challenge. Sisters of each chapter participating in the challenge will be able to visit the Y 4 days a week (Monday & Tuesday are excluded). On May 31 the chapter which has the most cumulative points wins the honor of being the fittest sorority in Baton Rouge and receive the North Baton Rouge's fittest sorority award for the year 2014. Sisters of the 3 chapters with the highest total scores which participated in the challenge will receive additional free membership time.

**An example of some of
the fitness points will be:**

must present valid sorority I.D.

Walk a mile on the treadmill	1pt	Ride a bike for 2 miles	1pt
Take a group exercise class	5pts	Do 10 reps on any piece of	
Swim two laps in the pool	5pts	strength equipment	3pts
Do ten sit-ups	2pts	Jump rope for 5 minutes	
Take a group water exercise class	5pts	Bring a friend to work out with you	
	5pts		

A complete list of activities will be given to the participants on their 1st visit.

Wear Your Sorority Shirt on Friday and get bonus points