

GETFIT CHALLENGE

BEFIT CHALLENGE

Tiered Exercise Points.

GROUP I

2 points for every 1 minute of activity. **This exercise must be performed at a steady pace, which is vigorous enough to develop a sweat.**

- *Running
- *Swimming/Aqua Jogging/Kickboard
- *Rope Jumping
- *Aerobics (land or water), Step, Cycling, Kickboxing, Boot Camp, Zumba
- *Walking (at least 3.5mph)
- *Bicycling
- *Precor Elliptical Trainer
- *Rower
- *Cross Country or Downhill Skiing
- *Stair Stepper
- *Ice Skating
- *Dancing
- *Basketball (full court)
- *Racquetball/Handball
- *Tennis
- *Wii Fit or Wii Fit Plus

GROUP II

1 point for every 1 minute of activity. **This exercise must be performed at a steady pace, which is vigorous enough to develop a light sweat.**

- *Weight Training
- *Yoga
- *Pilates
- *Ab or Core Conditioning
- *Body Sculpt Class
- *Wall Climbing
- *Ballroom Dancing
- *Walking (less than 3.5 mph)
- *Volleyball
- *Bowling

Please contact Kristi Stasi, Fitness Director at the YMCA if you have any questions about the activity points above or if you do not see your activity. kstasi@austin-ymca.org or 433-1804