



Road to Fitness CHALLENGE

The program runs from January 1 to November 27, 2025

Fitness Challenge Based on Participation Points from the Road to Fitness Events.
*You must sign into the program and be at least 13 years old to participate.
 Parental consent is required for all individuals under 18 years of age.*

Achieve Participation Points to WIN prizes!
50 pts = Grand Lake Health System Synch Bag
80 pts = T-Shirt, Synch Bag & entered into a drawing for door prizes.
120+ pts = Pullover, T-Shirt, Synch Bag & entered into a drawing for door prizes.

First & Last Name _____

Please list the dates and class names that you attended for the month of: _____

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Instructor/YMCA signature: _____

Points for YMCA classes:
 10 Classes per month = 5 pts
5 points max per month from YMCA classes.
YMCA will supply attendance records.



Participation Form can be found on grandlakehealth.org – search for Road to Fitness
 Participant form **MUST** be completed and submitted to slowry@jtdmh.org each month to be eligible

Classes are held at each YMCA:
 Classes @ Auglaize/Mercer YMCA - North www.daytonymca.org/locations/grand-lake-healthpremier-health-north-ymca
 Classes @ Auglaize/Mercer YMCA - South www.daytonymca.org/locations/grand-lake-healthpremier-health-south-ymca