



Road to Fitness CHALLENGE

The program runs from January 1 to November 27, 2026

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 = T-Shirt

120+ pts = Pullover & T-Shirt

First & Last Name _____

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

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 nthis@jtdmh.org each month to be eligible

Classes are held at each YMCA:

Classes @ Auglaize/Mercer YMCA - North

Classes @ Auglaize/Mercer YMCA - South

www.daytonymca.org/locations/grand-lake-healthpremier-health-north-ymca

www.daytonymca.org/locations/grand-lake-healthpremier-health-south-ymca