Connect the Dots with GHN in January!

GHN is challenging YOU to connect the dots this month! Think BINGO: Connect 5 dots across, down, or diagonally to be entered to earn an awesome PRIZE! It’s in you!

- Attend a GHN group fitness class
- Participate in a GHN wellness offering*
- Attend a Take 20 event
- Visit the GHN Wellness Center 5+ times this month!
- Complete a GHN W.O.W. ** (see our Facebook page or in person at GHN)

- Let us know your favorite GHN thing with a comment card!
- Mix up your workout! Try a new piece of equipment at the GHN
- Purchase a Specialty Class Pass (promo: $35/semester)
- Take your Health Assessment! (New employees only)
- Tour the GHN Wellness Center with a colleague or spouse/QA

- Burn calories & earn steps by taking the stairs wherever you go!
- Attend a GHN group fitness class
- FREEBIE! Are you a member?
- Check out an iPod*** or attend a Moment of Mindfulness/MBSR session!
- Get spinnin’ at an InCycle class!

- Splish, splash! Sign up for spring Water Fitness classes
- Try out a Saturday fitness class
- Attend Moment of Mindfulness
- Visit us at GHN’s January Open House! Snacks, demos, & raffles!
- Sign up for GHN’s Walk & Run Club

- Dance at a ZUMBA class!
- Recruit a colleague to join the GHN Wellness Center!
- “Like” the GHN Facebook page
- Sign up for a free personal training orientation
- Try out the treadmill desks (located in Studio C)

Name: ___________________________ ID#: ________ Date: ________ Admin: ________

*Walk & Run Club, Weight to Wellness, Meatless Monday, etc. / **W.O.W. = Workout of the Week / ***Mindfulness tracks go great with a workout!