



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Do a 180° and Turn Your Summer Around: Take Part in the 180 Summer Fitness Challenge!

Visit the Desert Foothills Family YMCA - or any other Valley of the Sun Y - and work out a total of 180 minutes per week! Be sure to record your workouts on your personal "compass" posted in the branch (see below for a downloadable copy). Each week, members who complete the challenge will be entered into a raffle for great prizes!

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### Goal:

Work out 180 minutes each week for 6 weeks  
(July 10th through August 19th)

### What to Do:

- Record your minutes on the day(s) you work out at the Y on your scorecard
- Bring your scorecard to the Welcome Center at the end of each week after accumulating 180 minutes of workout time
- For every week you complete 180 minutes of exercise, you will earn a raffle ticket
- Write your name and phone number on the raffle ticket before entering to win prizes in our Summer raffle
- Raffle prizes will be distributed at the end of the Summer - Good Luck!



Click [here](#) to download a copy of your personal scorecard.

Need exercise ideas? Try one or more of these!

Go for a Swim - Participate in a Group Exercise Class - Work

**Please visit the Welcome Center for more details.**

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**Stay Connected**



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