

B	I	N	G	O
Take part in colouring in the Cafe	1 minute plank hold	20 minute walk on a treadmill	Follow our Instagram	Swim a length of the pool
Participate in a racquet sport	20 minute ride on a bike	Drink or eat in the cafe	Take a photo with a Friend & tag us on social media.	Attend a Hyrox Class
Attend the Gym	Give us feedback via our App	—horizon—	Attend a spin class	10 Press Ups
20 Reps of any exercise	Attend a Zumba Class	Take a photo outside of our Centre	30 minute activity of your choice	5 minute run on a treadmill
Train with a friend	Re-share one of our posts!	Swim with a friend!	Wear something blue	Try a new hobby/activity

Submit your bingo card to fitness@horizonlc.com to be entered into our prize draw!

Please attach evidence photos & dates of attendance.
 Don't forget to include your name and membership number in your email.