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Use the Sauna for at least 5 minutes	10 Press Ups	1 Minute Plank Hold	Follow our Instagram Pages	Swim a Length of the Pool
Try out our Cold Plunge	20 Minute Bike	Use the Steam Room	20 minute walk on treadmill	Attend an Aqua Class
Wear something blue for Horizon!	Attend the Gym	Horizon.	Attend a Group Cycle Class	Give us feedback via our app
5 minute run on treadmill	Train in the gym or swim with a friend/co-worker	Take a photo outside of our Centre	30 minute activity of your choice	Attend a circuits class
Re-share one of our posts	5 minute row	Act of kindness to someone you don't know	Try a new hobby/activity	Try out a Virtual Class

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.