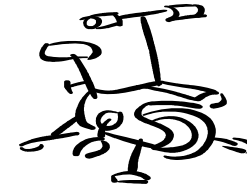
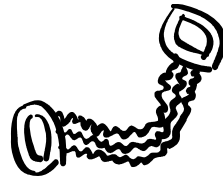


The Fitness Mileage Experience



Join today and here's how!

1. Record the miles you bike, walk, run, swim or any combination of the four at the Front Desk at any branch. This can be in the branch or outside on your own! We aren't picky, we just want to see you get healthy and keep healthy!
OH NO...you forgot to turn in your miles! Go to www.crmetroymca.org, go to the Health and Well-Being page, and click on 'Record your fitness mileage'. Or if you have questions, contact Mike at condon@crmetroymca.org to get them answered.
2. This year we are adding aerobics classes to the fitness mileage program. Record each time you attend an aerobics class.
3. At the end of the year, July 31, you will receive either a certificate or t-shirt for participating if you reach the goals.

Cross-training	Certificate: 150-399.9 miles	T-shirt: Above 400 miles
Walking	Certificate: 150-349.9 miles	T-shirt: Above 350 miles
Swimming	Certificate: 50-149.9 miles	T-shirt: Above 150 miles
Running	Certificate: 150-499.9 miles	T-shirt: Above 500 miles
Biking	Certificate: 250-999.9 miles	T-shirt: Above 1000 miles
Aerobics classes	Certificate: 75-99 classes	T-shirt: Above 100 classes