

## Scavenger Hunt for Fitness

Name: \_\_\_\_\_

Activity		Date	Location	Signature
Yoga				
emPower-Sparta				
Walking Outdoors: 30-40 minutes				
Spin Class				
Swim 20 minutes/ Swim Class				
Shawn's Class at TKH				
Zumba/Hip Hop/Dance Class				
Kickboxing/Boxing				
Bodypump				
Outdoor Fitness Circuit				
At Home Video			Name of video:	
Bonus! New form of exercise			Type and duration:	

**Participating Free Fitness Facilities:**

Bridge Yoga  
1705 Lincoln Highway East, Lancaster PA 17602

Gold's Gym  
2301 Harrisburg Pike , Lancaster PA  
*\*Get a free pass online on their website!*

LA Fitness  
Golden Triangle Shopping Center, Lititz Pike, Lancaster PA  
*\*Get pass from Wellness Watchers!*

Unique Physique  
3432 E Market St, York, PA 17402  
*\*Sign up on list during presentation!*

YMCA (East York)  
101 Shoe House Rd  
*\*Get Pass from Wellness Watchers!*

YMCA Lancaster (Lampeter/Strasburg or Harrisburg Pike)  
*\*call for appointment, week long pass is issued after tour*