



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LUNGE IN APRIL WITH APRIL!

Lunge with YMCA trainer, April Chambers, from home! Keep track of your lunges with the attached log and turn in the completed log for a chance to win Y Swag. Post a creative video of you lunging to our Facebook for a chance to win a free one-hour personal training session.

Bronze=1,000 lunges | Silver=1,500 lunges | Gold=2,000 lunges

**** Total Lunges during the month of April! ****

HOW TO DO IT:

- ✓ Choose your level (Bronze, Silver, or Gold)
- ✓ Log your lunges each day on the calendar
- ✓ Submit your lunge video on Facebook with the hashtag **#aprillunges**
- ✓ Turn in your completed log by emailing it to jconwill@mgcymca.org by May 2nd to be entered in a raffle to win YMCA Swag. **There will be a selected winner from each level!**

**April lunges bring May crunches, so be on the lookout
for our challenge in May!**

Mississippi Gulf Coast YMCA
228.875.5050 • mgcymca.org



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Record your lunges here:

Name: _____

Challenge
(check one):

Bronze

☐ 1,000 lunges
total during April

Silver

☐ 1,500 lunges
total during April

Gold

☐ 2,000 lunges
total during April

Total Lunges: _____

Don't forget!

Post your video to our
Facebook page, with
the hashtag

#aprillunges

2020 APRIL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

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