

JULY *bingo*

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| Drop In Fitness Class  | Swim at the pool or outside  | Wear sun protection  | Kayak or SUP  | Run, walk or roll for 30 minutes  |
| Do 30 push-ups  | Practice yoga or stretch for 30 minutes  | Drop In Fitness Class  | Try a racquet sport  | Connect with a friend  |
| Spend 30 minutes in nature  | Enjoy a healthy snack  | Swim at the pool or outside  | Work in a garden  | Drop In Fitness Class  |
| Go hiking  | Drop In Fitness Class  | Drink 8 glasses of water today  | Do 30 core exercises  | Meditate or practice mindfulness  |
| Run, walk or roll for 30 minutes  | Get 7 - 9 hours of sleep  | Do 30 squats  | Drop In Fitness Class  | Swim at the pool or outside  |

Complete the entire card in the month of July and be entered to win 10 free passes!

To be entered:

- You must have the Drop In Fitness Classes stamped by a fitness instructor.
- You must share a photo of you doing one of the activities, either on social media and tagged #JulBingoPRC or emailed to ccreer@powellriver.ca
- You must complete all activities on the card and submit the completed card to the Recreation Complex on or before July 31, 2022.