

# THE TOQUE CHALLENGE

## NOV 14 - DEC 2

HEALTH  
FITNESS  
YWCA HEALTH + FITNESS CENTRE

Complete 10 days of workouts between November 14th - December 2nd and you could receive a one-of-a-kind YWCA Health + Fitness toque!

**Only the first 200 members to complete the challenge will receive a toque.**

### Here's how to register and play:

1. Register between November 8th - 10th in the lobby at H+F or FRC and receive your playing card from a staff member.
2. Starting November 14th, visit the sticker station at H+F or FRC after each workout.
3. Add a sticker to your playing card for the corresponding type of workout(s) i.e. group class, swim, weights, etc on the day of your workout.
4. Once your card has 10 stickered days, present it to Member Services to receive your prize (while quantities last).



### Terms & Conditions

- One entry per person
- Contest available to members only
- Completed cards must be given to Member Services by December 4th to collect the prize
- Your workouts will be verified with your check-in history

