CONTINUED @ THE

Beacon Fitness Center

Friday, March 28th through Friday, April 15th

Focuses on caloric expenditure awareness, resistance training, and instructor-lead exercise

Shots will be earned in the following fashion:

- 30 min. Cardiovascular Training = 1 Shot
- 30 min. Resistance Training = 1 Shot
- 45 min. Group Exercise Class = 2 Shots
- 60 min. Group Exercise Class = 3 Shots
- Personal Training Session = 3 Shots

RULES

- A front desk attendant will award shots and "ref" each member's performance.
- There will be no practice shots or do-overs
- A member can earn up to 3 shots per day. The maximum points possible in a day will be 15.
- There will be 3 hoops of different heights. A member can shoot at whatever hoop they choose.
- The first hoop will be worth 1 point, the second 3 points, and the third 5 points.
- The member must have both feet in the shot box during the shot. No jumping forward during shooting.
- Activities will be tracked by the front desk attendants on a daily basis.

For any questions contact Lauren.Cucinotta@umb.edu

Top 5 with the most points will receive a prize.