

JAN 20 - MAR 31

Begin 2025 Strong

Fill in the corresponding circles to match your completed strength workouts each week. Turn in your completed tracker at the Welcome Center by Monday, March 31 for a chance to win prizes.

THE GOAL

Make strength training a regular part of your routine by completing a minimum of 25 strength training workouts (2-3 workouts per week) in the 10 week challenge time.

LUCKY WINNERS!

All participants who successfully complete the challenge will be entered into a random drawing to win a prize!

WEEK 1 January 20 - January 24	WEEK 2 January 27 - January 31	WEEK 3 February 3 - February 7	WEEK 4 February 10 - February 14	WEEK 5 February 17 - February 21
<input type="checkbox"/> Upper Body	<input type="checkbox"/> Upper Body	<input type="checkbox"/> Upper Body	<input type="checkbox"/> Upper Body	<input type="checkbox"/> Upper Body
<input type="checkbox"/> Lower Body	<input type="checkbox"/> Lower Body	<input type="checkbox"/> Lower Body	<input type="checkbox"/> Lower Body	<input type="checkbox"/> Lower Body
<input type="checkbox"/> Core/Pilates Class	<input type="checkbox"/> Core/Pilates Class	<input type="checkbox"/> Core/Pilates Class	<input type="checkbox"/> Core/Pilates Class	<input type="checkbox"/> Core/Pilates Class
<input type="checkbox"/> Upper and Lower	<input type="checkbox"/> Upper and Lower	<input type="checkbox"/> Upper and Lower	<input type="checkbox"/> Upper and Lower	<input type="checkbox"/> Upper and Lower
<input type="checkbox"/> Strength-Focused Group Exercise Class	<input type="checkbox"/> Strength-Focused Group Exercise Class	<input type="checkbox"/> Strength-Focused Group Exercise Class	<input type="checkbox"/> Strength-Focused Group Exercise Class	<input type="checkbox"/> Strength-Focused Group Exercise Class
<input type="checkbox"/> Yoga	<input type="checkbox"/> Yoga	<input type="checkbox"/> Yoga	<input type="checkbox"/> Yoga	<input type="checkbox"/> Yoga
<input type="checkbox"/> YMCA360 Virtual Class	<input type="checkbox"/> YMCA360 Virtual Class	<input type="checkbox"/> YMCA360 Virtual Class	<input type="checkbox"/> YMCA360 Virtual Class	<input type="checkbox"/> YMCA360 Virtual Class



YMCA OF GREATER BRANDYWINE

*Participants are eligible to win any combination of 25 completed strength workouts and can join the challenge at any time from January 20 - March 31.

Begin 2025 Strong

Name: _____

WEEK 6
February 24 - February 28

Upper Body

Lower Body

Core/Pilates Class

Upper and Lower

Strength-Focused Group Exercise Class

Yoga

YMCA360 Virtual Class

WEEK 7
March 3 - March 7

Upper Body

Lower Body

Core/Pilates Class

Upper and Lower

Strength-Focused Group Exercise Class

Yoga

YMCA360 Virtual Class

WEEK 8
March 10 - March 14

Upper Body

Lower Body

Core/Pilates Class

Upper and Lower

Strength-Focused Group Exercise Class

Yoga

YMCA360 Virtual Class

WEEK 9
March 17 - March 21

Upper Body

Lower Body

Core/Pilates Class

Upper and Lower

Strength-Focused Group Exercise Class

Yoga

YMCA360 Virtual Class

WEEK 10
March 24 - March 28

Upper Body

Lower Body

Core/Pilates Class

Upper and Lower

Strength-Focused Group Exercise Class

Yoga

YMCA360 Virtual Class

STRENGTH TRAINING BENEFITS

- Enhances overall strength, making daily tasks easier.
- Boosts metabolism, improving calorie burn efficiency.
- Reduces abdominal fat and total body fat.
- Helps you appear leaner and more toned.
- Lowers the risk of falls by improving balance and coordination.
- Enhances self-esteem and builds confidence.
- Decreases injury risk by strengthening muscles, tendons, ligaments, and improving joint mobility.
- Supports heart health and aids in managing blood sugar levels.
- Strengthens bones, reducing the risk of osteoporosis.
- Improves mood and reduces stress levels.
- Protects brain health and helps prevent age-related cognitive decline.
- Promotes a higher quality of life by increasing physical and mental resilience.