

Football Frenzy

Win Vikings Tickets!



vs.



Nov. 12 | 12:00pm

Program Details

- The individual with the most touchdowns at the end of the program wins!
- In the event of a tie, the winner will be decided by a name generator.
- Tracker provided

Program Dates

October 4th - 18th

Prize

Two tickets to the November 12th Minnesota Vikings vs. New Orleans Saints game at 12:00pm @ US Bank Stadium

How to Score Points

- Score a touchdown! (Gain 100 yards)

How to score points:

- 30 yards= 30-minute group exercise class
- 15 yards= 30 minutes of cardio training
- 15 yards= 30 minutes of strength training
- 15 yards= 1 PT session
- 10 yards= One Stretch/ Meditation break W/ Hope
-
- Play of the week (20 Yards)
 - Complete the exercise of the week