



# March Madness BINGO

#SELFIE	RIDE LIKE THE WIND	OUT OF THE BOX	BARRE SO HARD
NAMASTE FLEXIBLE	ROAD TRIP	HEALTHY HABITS	GET SUSPENDED
POWER PULL	R & R	BESTIES	NIGHT OWL
WORKOUT MANIA	SHOW THEM GUNS	RISE & GRIND	SUNDAY FUNDAY

CROSS OFF EACH BOX AS YOU COMPLETE THE TASK. IF YOU BLACKOUT THE FULL BINGO SHEET YOU WILL BE ENTERED TO WIN A FREE MONTH !

\*WE RECOMMEND MAKING QUICK NOTES LIKE THE DATE OF THE CLASS OR CLASS NAME AS WE WILL BE CHECKING YOUR WORK!\*



# BINGO BREAKDOWN



GET SUSPENDED	take a TRX class
SUNDAY FUNDAY	take a Sunday class
RISE & GRIND	take a 6am class
SHOW THEM GUNS	take a strength training class
BESTIES	bring a friend to class
POWER PULL	take a rowing class (Triple Threat or Row/Pilates)
BARRE SO HARD	take a Barre Class
ROAD TRIP	take class at both studios in 1 week
WORKOUT MANIA	take 4 classes in 1 week
R & R	Take a Pilates/Foam Roll class or Restorative Yoga
#SELFIE	post a pic of you and your instructor using #vfit
OUT OF THE BOX	take a class you've never taken before
RIDE LIKE THE WIND	take a spin class
NIGHT OWL	take an evening class
NAMASTE FLEXIBLE	take a yoga class (Weekend Warrior, Aireal yoga, Restorative or Yoga Flow)
HEALTHY HABITS	Tag @vfitstudioventura in a post of you doing one of your favorite healthy habits