

2025

HOLIDAY CRUNCH CHALLENGE



The 2025 Holiday Crunch Challenge is
sponsored by

The Miller Family
In Loving Memory of
Trooper Edward S. Miller Jr.

NOVEMBER 28TH -
DECEMBER 31ST

18 WORKOUTS

2025 Holiday Crunch Challenge Dates:

- November 28th - December 31st

How It Works:

- Complete 18 workouts during the challenge
- Each workout must be at least 30 minutes

Activities include:

- Workouts in the Fitness Center
- Group Fitness Classes
- Swimming
- Basketball, Pickleball, Futsal, and Racquetball

Holiday Crunch Challenge Rules:

- Only one visit per day counts
- Track your workouts on ONE sign-in board

Sign-in boards are located in:

- **Family Program Center**
 - Outside the Fitness and Wellness Studios
- **Main Y**
 - Pool area (on Walker Pool side)
 - Outside the Fitness Center
 - On Edwards Gym closet door

The first 150 members
to complete the
challenge will receive a
FREE "Merry Fitmas, The
Gift of a Fit You!" t-shirt