



# FIT FALL FOR ALL October 5th-21st

Complete 8 of the 12 tasks by October 21st to be entered to win a prize basket to keep you healthy and active. Learn how to align your healthy giving goals and make the most out of your membership. For a healthier you.

**CYCLE AWAY**  
Attend a cycle class virtual or in-house and pedal for a healthier you




**GET ON TRACK**  
Download one of our NEW TRACKS Fitness Programs to help you get back on track at [pittsburghymca.org/tracks](http://pittsburghymca.org/tracks)




**CREATE A MASK**  
Wear a Halloween Themed "Quarantine-a-Ween" Creative Face Mask and post a pic on Social




**BRING A FRIEND**  
Bring friend to the Y to the YMCA for a workout (Don't forget our 20/20 program)




**TRY LES MILLS**  
Try a Les Mills virtual class or In-Branch Class




**CONNECT**  
Check-in via social media and tag us @ymcapgh




**PUMPKIN SQUATS**  
Perform 10 Pumpkin Squats or pushups and have your form analyzed




**GET A CONSULT**  
Schedule a Wellness Consultation virtual or in-house




**MINDFULNESS**  
Try one of our mindfulness classes to reduce stress - Yoga, BodyFlow, or Pilates virtually or in-house





**GET CHECKED**  
Get your BMI or Blood Pressure checked from a Healthy Living team member




**WEAR PINK**  
Wear Pink during your workout to support Womens Health Month




**WORKOUT X2**  
Workout two times in one week at the Y with at least 30 minutes of cardio





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