



YMCA MEGATHON ACTIVITIES
Chilliwack Family YMCA



Saturday, November 5th 2016

MEGATHON ACTIVITIES			
Time	Activity	Instructors	Location
9:00am - 10:00am	Aquafit	Dylan Hewitt	Pool
9:00am - 10:00am	Power Cycle	Lisa Axleson & Cheya Grant	Multipurpose Room
9:30am - 10:30am	Family Circuit	Lenny Kloots, Martha Marks & Tonia Penner	Gym
10:00am- 11:00am	Power Cycle	Gisela Van der Linden & Andrea Gisleman	Multipurpose Room
10:45am - 11:45am	Cardio Fun	Lenny Kloots, Martha Marks & Tonia Penner	Gym
11:00am - 12:00pm	Power Cycle	Carol Marleau	Multipurpose Room

**Join us from 11:45am – 12:15pm for
a MEGA celebration in the lobby!**

Visit our website for more information:

www.vanymcamegathon.ca



Megathon Fundraising Incentives

Who?	Incentive
All registrants	Will have full access to the facility for the day and will receive a YMCA branded shaker bottle. <i>(Free child minding will be available at select locations)</i>
New Members in October	Who register for the YMCA Megathon will be entered into a draw to win 1 personal training session at the YMCA facility of their choice!
Early Bird Registrants	Register before October 15 th and get entered into a draw to win a personal training session at their YMCA facility of choice!
All participants who fundraise \$150	Fundraise \$150 on or before November 5 th and their registration fee is free! (\$25 value)
All participants who fundraise \$500	Fundraise over \$500 and receive a 2GB Apple iPod Shuffle.
Top fundraiser at each YMCA facility	Will receive three (3) YMCA personal training sessions.
Overall top fundraiser (Individual)	The individual who raises the most funds will receive five (5) YMCA personal training sessions.
Overall top fundraiser (Team)	The Megathon team that raises the most funds will receive a gift card to a restaurant of their choice!

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