



Earn points and get fit!

Activities	Points
Brisk walking 15 min.	1
Gardening	1
Stretching 15 min.	1
50 push ups	1
50 sit ups	1
50 squats	1
Jogging 15 min.	2
Biking 15 min.	2
Running ~ Fast Pace 15 min.	3
Hiking 30 min.	3
Swimming 30 min.	3
Recreational Basketball	3
Recreational Football	3
Weight Lifting 45 min.	5

1 Hour Classes:	Points
Yoga	3
Pilates	3
Aerobics	4
Cycling	4
Boot Camp	5
Zumba Class	5



Questions? Contact Abraham Hernandez, Fitness Coordinator at  
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