**There are several ways to earn extra percentages each week to go towards overall weight loss percentage. The ways are listed below. The instructor or staff must sign off that you have attended.**

* **Participate in three programs in a week to earn 0.5% to go towards overall percentage of weight loss.**
* **Be Active in the Y. Come to the Y, 4 times in the week to earn 0.5% to go towards overall percentage of weight loss.**
* **Attend the Turkey trot for a 1% to go towards overall weight loss.**
* **Attend any virtual educational classes during the 9 weeks to earn 1% per class.**

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| --- | --- | --- | --- | --- | --- | --- | --- |
| **Program** | **Friday** | **Saturday** | **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** |
| Zumba |  |  | **-** |  |  | **-** |  |
| Line Dancing | **-** | **-** | **-** | **-** | **-** |  | **-** |
| Boot Camp | **-** |  | **-** | **-** |  | **-** | **-** |
| Pickleball |  | **-** |  |  | **-** |  | **-** |
| Silver Sneakers | **-** | **-** | **-** | **-** |  | **-** |  |
| Tae Kwondo | **-** | **-** | **-** | **-** |  | **-** |  |
| Personal Training |  |  |  |  |  |  |  |
| Virtual Education Classes | **-** | **-** | **-** | **-** | **-** |  | **-** |
| 4 Times a Week in the Y |  |  |  |  |  |  |  |
| Spin Class |  |  |  |  |  |  |  |
| Yoga |  | **-** | **-** | **-** | **-** | **-** | **-** |
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