

HARD CORE

Commitment

MARCH MADNESS WORKOUT CHALLENGE



Join us for our Hard CORE Commitment March Madness Workout Challenge! Complete as many workouts as possible in the bracket for a chance to win great prizes, challenge yourself and earn bragging rights! **Brackets and rules are available at The CORE Service Desk.**

- Challenge will run from Thursday, March 21th to Monday, April 8th.
- Challenge is based on the honor system.
- Brackets must be turned in to The CORE Service Desk by Monday, April 4th.
- Workouts can be done in any order. No limit for how many workouts you complete each day.
- Circle all completed workouts on the bracket and tally all points.
- Wear college apparel on the following dates and earn 1 bonus point for each date, up to 10 bonus points total: March 21 - March 24; March 28 - March 31; April 6 and April 8.
- You must check in at the Service Desk to sign up for a group fitness class prior to attending the class. Please indicate you are a "March Madness" participant.

CHALLENGE PRIZES

- **Earn 31 Points & Under - Chance to win CORE and Centennial Pool Passes**
- **Earn 32-63 Points - Chance to win a one-month membership extension**
- **Earn 64-88 Points to qualify for the Elite 8 - 3-Month membership extension**
- **Earn 89-104 Points to qualify for the Final 4 - 6-month membership extension**
- **Earn 105+ Points to be a National Champion - Chance to win a Fitbit Versa**

For more info call 630-257-6787 or visit www.LemontParkDistrict.org

*Offer only applies to active CORE and CORE-FIT Members.



March Madness at The CORE Workout Challenge 2019
March 21st – April 8th

Challenge Rules

- Challenge will run Thursday March 21st – Monday April 8th.
- Challenge is based on the **honor system**.
- Brackets must be turned in to the CORE Service Desk by Monday April 8th.
- Workouts can be done in any order. There is no limit for how many workouts you complete each day.
- Circle all completed workouts on the bracket and tally all points.
- Round 1 Workouts are worth 2 Points each. 16 workouts.
- Round 2 Workouts are worth 4 Points each. 8 workouts.
- Round 3 workouts are worth 6 Points each. 4 workouts.
- Round 4 Workouts are worth 8 Points each. 2 workouts.
- Round 5 workout is worth 10 points. 1 workout.
- Wear college apparel on the following dates and earn 1 bonus point for each date, up to 10 bonus points total: March 21st, March 22nd, March 23rd, March 24th, March 28th, March 29th, March 30th, March 31st, April 6th and April 8th.
- You must check in at the service desk to sign up for a group fitness class prior to attending the class. Please indicate you are a “March Madness” participant.

Challenge Prizes

Earn 31 Points and Under

Chance to Win CORE and Centennial Pool Guest Passes

Earn 32-63 Points to Qualify for the Sweet Sixteen

Chance to win a 1 Month Membership Extension or CORE Gear

Earn 64-88 Points to Qualify for the Elite 8

Chance to win a 3 month membership extension

Earn 89-104 Points to Qualify for the Final 4

Chance to win a 6 month membership extension.

Earn 105+ Points to be a National Champion

Chance to win a Fitbit Versa.

Round 1 (2 Points Each)

5 min Treadmill Walk @ 10% Incline

Bike 2 Miles Indoor or Outdoor

[15 step ups](#)

[30 second plank hold](#)

5 minutes Jumping Rope

[Row 500 Meters](#)

25 Push ups

15 Min. Cardio Members choice

[15 Kettlebell Swings](#)

50 Sit Ups

[10 Pull Ups \(assisted ok\)](#)

[10 Dips \(assisted ok\)](#)

[1 Minute Mountain Climbers](#)

Climb 20 Flights on Stairmaster

[25 Air Squats](#)

[50 Jumping Jacks](#)

Round 2 (4 Points Each)

[1 Minute Plank Hold](#)

Lift Weights-Members Choice 3 Different Exercises

[25 Burpees](#)

20 Minutes Cardio Members Choice

10 laps walk or run indoor track

[50 Air Squats](#)

[1 Minute side to side twist with medicine ball](#)

[20 Lunges \(10 per side\)](#)

Round 3 (6points each)

[25 Jump Squats](#)

30 Minutes Cardio Members choice

[2 minutes battling rope](#)

[Row 2000 Meters](#)

Round 4 (8 Points Each)

2 laps walk or run Centennial Outdoor Path

Swim 5 Laps (1 lap = down and back)

March Madness

at The CORE

Workout Challenge

March 21st - April 8th

Complete as many workouts as possible within the contest timeframe. Circle completed workouts on your bracket. Check in at the Service Desk prior to attending a group fitness class. Bragging rights and the chance to win amazing prizes for all who participate!

Round 5 (10 Points)

Attend Any Group Fitness Class

Round 1 Points	
Round 2 Points	
Round 3 Points	
Round 4 Points	
Round 5 Points	
Bonus Points	
Total	

MEMBER NAME: _____

TOTAL POINTS: _____

DATE COMPLETED: _____