

## 2019-20 Fitness Incentive Programs

# Shape Up for Summer and Why Wait

The MASA Shape Up for Summer and Why Wait program is an incentive program that rewards participants for the number of times they exercise in a specified time period. The focus is to *shape up for summer* and *why wait* for the new year, START NOW!! After the 12 week program, credits are given to your Mindbody account if an individual reaches 30 workouts or more.

### **Guidelines:**

You may receive credit for doing any of the following activities:

Lap Swimming

Aquatic Fitness Classes (Any Instructed Class)

Independent Workouts (30 minutes or more of vigorous activity in the pool)

**Why Wait:** Sunday, September 29<sup>th</sup>, 2019 – Saturday, December 21<sup>st</sup>, 2019 (12 weeks)

\*Because we are closed during Thanksgiving for 3 days we will allow you to earn 2 days credit if you bring in two non-perishable, non-expired canned or boxed food items for the Circle of Joy during the dates of November 11<sup>th</sup> – 27<sup>st</sup>, 2019.

**Shape Up for Summer:** Sunday, February 16<sup>st</sup> – Saturday, May 9<sup>th</sup>, 2020 (12 weeks)

### **Rules for Shape Up For Summer and Why Wait:**

1. Participant must have a regular membership at MASA.
2. Must sign in, as that is how we will track your attendance.
3. Participants are credited for a legitimate workout of at least 30 minutes.
4. Participants may only be credited once a day.
5. Workouts must take place at MASA.

Successful completion during the 12 weeks entitles participants to receive coupons toward MASA merchandise or money off their membership renewal the next year.

30 workouts = \$5.00 (on average 2.5 days a week)

40 workouts = \$7.50

50 workouts = \$10.00

60 workouts = \$12.50 (on average 5 days a week)

70 workouts = \$15.00

80 workouts = \$17.50 (on average 7 days a week)

### **NOTE:**

**Past Incentive Participants...** you will automatically be rolled into the new program and will not need to let us know. We only need to know if you want to be removed or are new to the incentive program. If you did not participate during the last incentive period or did not renew your membership your name was removed. Please just let us know if you would like to be added to the list.

**Lap Swimmers...** we will continue to track your miles as that is part of MASA's Milestone Program. This is independent of the incentive program.