



City of Lawrence

PARKS AND RECREATION



DEMO BINGO

Join LPRD for a fun fitness challenge that is a win- win- win for participants! The BINGO Fitness Challenge, is a completely FREE activity for participants 15 years of age & over. Registered participants will receive a BINGO card of the listed FREE DEMO CLASSES.

Free Select Fitness Classes Mon., Dec. 17- Sat., Dec. 22

Depending on the participant's interest, and availability, they can attend as many classes as they would like. Those that get a BINGO on the card, will be entered for FREE PRIZES – UP TO A FREE FITNESS CLASS! Double your chances at winning by participating in our Social Media portion of the Challenge!

Get a BINGO? Get Prizes up to a FREE FITNESS CLASS

Don't want to play BINGO, but still try out a class? That's okay too! Demonstration classes are open to the public, 15 years of age and older. See Demonstration Class Schedule on the back of the flyer. Rules for BINGO available online at <http://lawrenceks.org/lprd/activity/n=415003>

Register for the game at any one of our recreation centers, or at LPRD.org using code 415003. Registration open 12/10/2018, and closes 12/18/2018. For More information, contact Jo Ellis, Recreation Supervisor or Kristy Wempe Bellinger, Recreation Programmer at 785-330-7355.

Are you ready to play?



City of Lawrence

PARKS AND RECREATION



DEMO Classes

<u>DAY</u>	<u>TIME</u>	<u>LOCATION</u>	<u>CLASS</u>	<u>INSTRUCTOR</u>
MON., DEC. 17TH	5:10-6 PM	Sports Pavilion Lawrence	TRX-Basic	Melanie Johnson
	5:45 - 6:45 PM	Community Building	Buti Yoga	Bethany Hess
	6:10-6:55 PM	Sports Pavilion Lawrence	POUND!	Marisa Bregman
TUES., DEC. 18TH	5:30 - 6:30 PM	East Lawrence Center	Yoga Stretch	Mary Ann Saunders
	5:45-6:30 PM	Holcom Recreation Center	Strength & Stamina	Nicole Heck
	6:15-6:45 PM	Sports Pavilion Lawrence	TR-Xpress	Amy Whittaker
	6:30-7:45 PM	Community Building	Belly Dance Basic	Joanne Zingo
	6:45 - 7:15 PM	Sports Pavilion Lawrence	Core Express	Ms. Christie
WED., DEC. 19TH	9-9:55 AM	Sports Pavilion Lawrence	Zumba Toning	Anna Oliver
	5:45-6:25 PM	East Lawrence Center	Oxygen	Mea Austin
THURS., DEC. 20TH	4:30-5:25 PM	Community Building	Cycling Power House	Melanie Johnson
	4:50 - 5:25 PM	Sports Pavilion Lawrence	LTC	Pat Middaugh
	6:55-7:20 PM	Community Building	TRX Yoga Flow	Mea Austin
FRI., DEC. 21ST	8:30-9:20 AM	Sports Pavilion Lawrence	PiYO LIVE!	Anna Oliver
SAT., DEC. 22ND	9-9:45 AM	Community Building	Cycling Revolution	Ms. Christie
	9:35-10:15 AM	Sports Pavilion Lawrence	Jab Attack	Mea Austin



City of Lawrence

PARKS AND RECREATION



RULES of PLAY

1. Must be 15 years of age or older and pre-registered in activity 415003.
2. Registration Opens on 12/11/2018; closes on 12/19/2018.
3. After each attended class, Instructors will specially mark attendance on the bingo card.
4. A BINGO, is 4 Classes in a row. This can be across the row, down a column, or diagonal across the board.
5. To be eligible for prizes, BINGO cards must be submitted in person to one of the five listed Recreation Centers:
 - LPRD Administration Building, 1141 Mass.
 - Community Building, 115 West 11th Street.
 - East Lawrence Center, 1245 East 15th Street.
 - Holcom Recreation Center, 2700 West 27th Street.
 - Sports Pavilion Lawrence, 100 Rock Chalk Lane.
6. Deadline to submit entries is December 26th at 5 PM.
7. One Entry is equal to one Bingo Card. Multiple Lines do not equal multiple entries. Participants are eligible for dual entry by participating in the Social Media portion of the challenge. Social Media Posts must be for each class in the BINGO, contain #LPRDBINGO, a #SWEATYSELFIE with Instructor, and Check In at location.
8. Winners of prizes will be announced LIVE on Facebook on the LPRD Page, Friday, December 28th at noon! Registered participants will be notified by email after drawing.

For more information, contact Jo Ellis, Recreation Supervisor or Kristy Wempe Bellinger, Recreation Programmer at 785-330-7355.