



**WORKOUT WITH FRIENDS OR MAKE NEW FRIENDS**



**JOHNSON RANCH SPORTS CLUB**

**APRIL 21 - MAY 26**

**TEAM CHALLENGE 2025**



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**“STOP DREAMING AND START TEAMING.”**



# FIND YOUR TEAM

Yoga

- Find three others to TEAM with you for the Challenge- family, friends or strangers! *We can help you find a team!*
- Make sure all of your team members register on the Club app or at front desk.
- Begin to strategize how your team can fill your Team Chart by May 26.

Dancing

# ABOUT THE CHALLENGE

Planking

Massage

- You get to continue your regular workouts + add a few new activities or more minutes
- Many activities can be counted in more than one category- you choose where to chart your workout.
- Bonus activities throughout the challenge give your team extra squares to chart.
- Most teams finish in the 4th & 5th week of the Challenge
- Kickstart your FIT summer for just \$25

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# EXPLORE NEW WORKOUTS

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## Challenge Categories:

Walk/Run/Hike/Bike

Water Workouts

Revive/Restore/Recover

Group Classes/Social Fitness

Muscle up! Strength

*Name your Team, post pics on social & decorate your Team Chart for extra prizes*

# Get ready, Get set, & be ready to GO! on April 26, 2025

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INFO:

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Paddleboarding

Golfing

Gardening