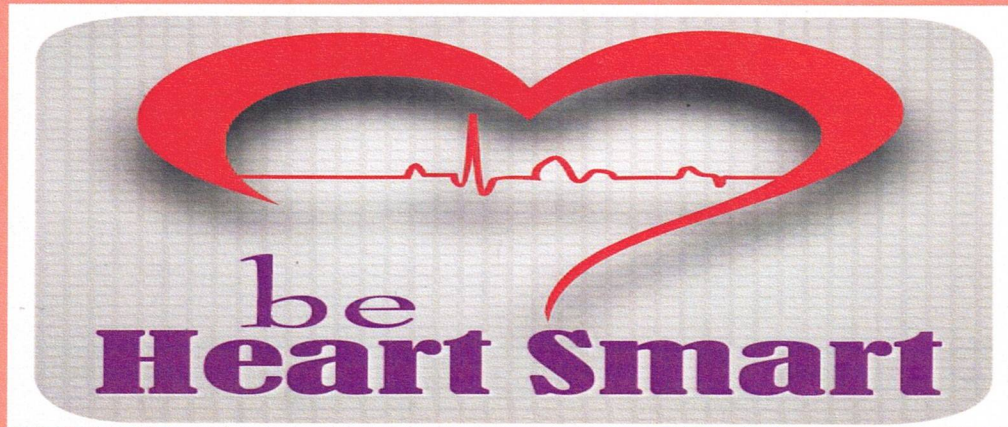


Heart Smart 2024



RULES:

- Runs February 1-29
- Complete your first workout then put your name tag on the board, move your name tag after each workout
- Leave your name tag at the finish line
- Must complete 16 cardio workouts:
 - 40—minutes for ages 12-54
 - 30 minutes for ages 55 up
- Time does not have to be consecutive but must be the same day
- Everyone that completes the contest wins a Vessell's T-shirt
- Only 1 shirt per person
- T-Shirt distribution begins March. 1

WHAT COUNTS:

- Vessell's Cardio Center
- Aerobic Classes
- Step Classes
- PowerSculpt Classes
- Circuit Classes
- Interval Type Workouts
- Walk or run from VFC
- Racquetball GAMES

WHAT DOESN'T COUNT:

- Stretch Class
- Yoga Class
- Practicing Racquetball
- Standard Weight Training

