

Site	Activities for Sports Relief 2018
YMCA Lytham	<ul style="list-style-type: none"><li>• Treadmill &amp; Power Mill Challenge</li><li>• Sports Relief Super Circuit</li><li>• Sports Relief Super Synergy</li><li>• #BillionStepChallenge (17th -23rd)</li></ul>
YMCA St Anne’s	<ul style="list-style-type: none"><li>• Bench Rep Chest Challenge (23rd</li><li>• #BillionStepChallenge (17th -23rd)</li></ul>
YMCA St Anne’s Pool & Gym	<ul style="list-style-type: none"><li>• Step Up Tower Challenge (19th—23rd)</li><li>• Rookies &amp; Survive and Safe – Tow a Mile</li><li>• #BillionStepChallenge (17th -23rd)</li><li>• SwimFit Team – Swim the Channel Challenge</li><li>• Aqua Aerobics (20th at 12:30)</li><li>• Health Walks (20th at 12:00) &amp; (23rd at 18:00)</li></ul>
YMCA Kirkham	<ul style="list-style-type: none"><li>• #BillionStepChallenge (17th -23rd)</li><li>• Working in partnership with Ash Tree House Surgery</li></ul>
YMCA Fleetwood	<ul style="list-style-type: none"><li>• Wear Red Fitness Friday (23rd)</li><li>• Sports Relief Body Combat (23rd)</li><li>• Sports Relief Super Synergy (23rd)</li><li>• Sports Relief Low Impact Synergy (23rd)</li><li>• Sports Relief Bleep Test (23rd)</li><li>• Sports Relief Super Synergy (23rd)</li></ul>
YMCA Thornton	<ul style="list-style-type: none"><li>• Spartan Sports Day (23rd)</li></ul>
YMCA Poulton	<ul style="list-style-type: none"><li>• Phil and Stu’s Wacky Dance Workout (17th)</li><li>• Swimathon (18th)</li><li>• Hula Monday Gym Challenge (19th)</li><li>• Skip Tuesday Gym Challenge (20th)</li><li>• Sports Relief Super Synergy – 80s theme (21st)</li><li>• Rowing Thursday Gym Challenge (22nd)</li><li>• Boogie Friday (23rd)</li><li>• #BillionStepChallenge (17th -23rd)</li><li>• Steph McAuley is going to get her hair cut for every £10 raised an inch will be cut</li></ul>
YMCA Garstang	<ul style="list-style-type: none"><li>• Daily Press up challenges (17th -23rd)</li></ul>
YMCA Your Move	<ul style="list-style-type: none"><li>• Sports Relief Health Walks</li><li>• Sports Relief Walking Netball</li><li>• Sports Relief Walking Football</li><li>• Beat Bartle &amp; Nay Step Challenge</li><li>• #BillionStepChallenge (17th -23rd)</li></ul>
YMCA Y:Women Can	<ul style="list-style-type: none"><li>• 12 hour relay run / walk / cycle challenge on the Friday (23rd)</li><li>• Fancy dress spin class from St Annes YMCA</li><li>• Daily and workweek Fitbit challenges</li><li>• Football cards and sweepstakes</li></ul>