



SPRING MADNESS

**A contest where you can earn points for
fitness and wellness activities
Compete in teams of two or as an
individual to earn digital gift cards.**

Rules

The program dates:

Monday, March 22nd - Friday, April 9th

To sign up:

Fitnesscenter@getty.edu and receive sign-up form and instructions

Participant Requirements:

Teams of 2 participants

-OR-

As an individual

Make sure to create a fun team/participant name!



Activity Requirements

Participants will receive their own activity sheets.

Complete and track your goal steps for **3 points**.

Opportunities to earn extra “free throw” points will be offered each week by participating in classes offered by Getty Fitness Center Staff or through Wellbeats. Classes will count as **2 points**.

Weekly standings will be updated with the most recent point totals.

Team scores will be averaged at the end, the highest score wins!

Questions?

Email fitnesscenter@getty.edu

Interested in tracking your run/walk in our private Strava group? Click the image below!

The Strava logo consists of the word "STRAVA" in a bold, orange, sans-serif font, with a white rectangular background behind the letters.