

## 200 Mile Club

Join our club now and get rewarded for running, biking or stepping your way to being physically fit. Keep track of your miles at the front desk and get Unity Square bucks for completing 200 miles.

### ***Here are the options:***

Option #1- Complete 200 miles from September 1st to May 31st and earn \$20 Unity Square bucks

Option #2- Complete 200 miles from September 1st to January 16th and another 200 miles from January 17th to May 31st and earn \$35 Unity Square Bucks.

If you have any questions call Allison at 432-9236.

\*Eligible for members only\*

### **Mileage Determination:**

**Walking Track** – 14 laps on track = 1 mile for contest

**Treadmill** – 1 mile = 1 mile

**Ellipticals** – 1 mile = 1 mile

**Ellipticals without mileage gauge** – 10 minutes = 1 mile

**Bike** – 3 miles = 1 mile

**Swimming** – 15 laps (down & back) = 1 mile

**Walking laps in the pool**- 25 minutes = 1 mile

**NuStep** – 15 min = 1 mile

**AMT (newer machine)** - 1 mile = 1 mile