

Department of Recreation, Parks and Cultural Activities presents

# 12 Days of Fitmas Challenge

December 26  
- January 7

## Take the 12 Days of Fitmas Challenge!

*On the first day of Fitmas, my Rec Center said to do...*

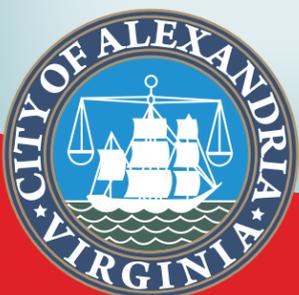
1 minute planking  
2 minutes biking  
3 minutes jogging  
4 abs a-crunching

5 full push-ups  
6 jacks a-jumping  
7 legs a-lunging  
8 minutes ellipticaling

9 legs a-squatting  
10 biceps curling  
11 lats a-pulling  
12 minutes walking

The circuit accumulates each day until you finish on day 12 by performing all 12 moves.

Complete all 12 Days of Fitmas to earn recognition and get entered into a drawing for a one month fitness pass. Available at all City of Alexandria Recreation Center Fitness Rooms; fitness pass required. To participate, sign up for free at the front desk.



[alexandriava.gov/Recreation](http://alexandriava.gov/Recreation)