



# DECEMBER

## BINGO

<b>Rise &amp; Shine</b> Attend 4 morning classes	<b>Grab a Guy</b> Bring a new guy to class	<b>Be Social</b> Follow us on Instagram. Like us on Facebook	<b>Challenge Yourself</b> Hold Forearm Plank for 30 seconds...3 days in a row	<b>Evening sweat</b> Attend 4 evening classes
<b>Sunday Service</b> Attend Sunday 90 minute Journey into Power	<b>Double Down</b> Take 2 classes in one day	<b>Keep it Up</b> 5 classes completed	<b>Challenge Yourself</b> Hold Chair Pose against the wall for one minute... 3 days in a row	<b>Zoom in</b> Take a class from anywhere via Zoom
<b>Get Upside Down</b> Hold Handstand, Headstand, or Forearm stand for 5 breaths	<b>Weekend Warrior</b> Take 2 weekend classes	<b>Spread the Love</b> Leave a positive review for RedTail Power Yoga on Google	<b>Sweaty Selfie</b> Share a post-yoga selfie on social media and tag us	<b>Connect</b> Introduce yourself to 2 classmates. Ask them, "what brings you joy?"
<b>Slow Down</b> Attend Slow Flow or Slow Burn	<b>Share Peace</b> Wrap someone in class in a hug	<b>Way to Go</b> 10 classes complete	<b>Get Your Zen On</b> Attend Yoga Nidra	<b>Share Community</b> Bring a new friend to class for free
<b>Strike a Pose</b> Post a yoga pose on social media and tag us	<b>Mix it Up</b> Take a class with 3 different teachers within a week	<b>Get Balanced</b> Attend a Power Ease class	<b>Dress the Part</b> Wear RedTail PY gear to class	<b>You Rock</b> 15 classes complete

