

# MARCH Mat-ness

## March 1-31

March Mat-ness  
Challenge at the TRC

Track your activity below and win some fantastic prizes each time you achieve BINGO or a grand prize by completing 15 activities. Get your card stamped at the Guest Services Desk each time you visit the TRC and complete an activity. Winning cards may also be turned in to the Guest Services Desk to claim your prize.

*Daily class fees apply.*



Planks (forearms or straight arms) Hold for 30-60 seconds	Side Planks	Mountain climbers 10 reps 2-3 sets	Renegade Rows 10 reps 2-3 sets	Bridges (hold for 5-10 seconds) 10X 3 sets
Ab Crunches 10X 2-3 sets	Oblique Twists 10X 2-3 sets	Supermans (spinal ext) 3-5 reps	Child's pose	Bird Dogs (alt arm/leg)
Downward facing dog	Push-ups from toes and or knees 10X 2-3 sets		Planks (forearms or straight arms) Hold for 30-60 seconds	Side Planks
Mountain climbers 10 reps 2-3 sets	Planks (forearms or straight arms) Hold for 30-60 seconds		Downward facing dog	Child's pose
Renegade Rows 10 reps 2-3 sets	Ab Crunches 10X 2-3 sets	Oblique Twists 10X 2-3 sets	Bird Dogs (alt arm/leg)	Supermans (spinal ext) 3-5 reps



**CHANDLER**  
arizona

DISCOVER.

IMAGINE.

GROW.

with Chandler Recreation