

VIRTUAL

FIRMBINGO

April 20th - May 4th, 2020

Tag us on Social Media! #firmlove	Share your FIRM story	Virtual HIIT Class	Virtual Barre Class	Share a photo of you sporting your FIRM gear
Take two virtual classes in one day!	Virtual Yoga Class	Download The FIRM App	Virtual Intro to Meal Coaching Class	Virtual CrossFit Class
Virtual Restorative Yoga Class	Leave a review on Facebook, Yelp or Google ★★★★★	Get your Virtual FIRM BINGO Board! 	Virtual Vintage Aerobics Class	Share one thing you're grateful for
Do 50 push-ups	Virtual Yoga Sculpt Class	Meditate for three minutes	Virtual Kundalini Yoga Class	Drink a gallon of water in one day
Virtual Core and Stretch Class	Invite a friend to join you in a virtual workout!	Virtual Cardio Hip-Hop Class	Do 100 air squats	Virtual Pilates Class

Use your bingo card to keep track of the activities you've completed. Make sure to share your progress! Remember to tag [@thefirmmpls](https://www.instagram.com/thefirmmpls) and use the hashtag **#firmlove** so we can reshare your stories and posts. To win FIRM Bingo, you must obtain a blackout by completing every activity listed on the bingo card. You must submit your completed card to greta@thefirmmpls.com. Everyone who completes a blackout will get their name in a drawing for the chance to win a prize. Prize winners will be announced the week of May 5th!