

Challenge FAQ

Can I start the challenge late?

Yes, as long as you finish the challenge and requirements within the month's time you can start the challenge late. Cut off date is March 31st.

Can non members participate?

No, only members can participate

What does 50% completion consist of?

- *Beginners 50% completion Requirement*
 - 2 out of the 3 tasks for 2 weeks
- *Advanced 50% completion Requirement*
 - 4 tasks out of 8 for 2 weeks

What does 100% completion consist of?

- *Beginners 100% completion Requirement*
 - 3 out of 3 tasks completed for 4 weeks
- *Advanced 100% completion Requirement*
 - 8 out 8 tasks completed for 4 weeks

Can any staff member sign off on the challenges?

Yes, any EOG Front Desk or EOG Trainer is eligible to sign off on the tasks completed within the week

When is the cut off for the challenge?

March 31st is the last day to complete the tasks for either of the challenges

What if I have a Basic membership and can't complete 100% of the challenge?

We recommend upgrading to our All inclusive membership, which will give you access to unlimited group exercise classes and access to extra rewards, events and opportunities

How old do you have to be to participate?

13 and older.

Can Renew Active, Silver Sneakers, Active & Fit or any other 3rd party membership participate?

Yes, any of our 3rd party memberships can participate in our month's challenge.