



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

COMPETE FOR THE CAUSE CORPORATE CHALLENGE

R.I.P.P.E.D.

- This is a participation only event.
- Participants must complete a R.I.P.P.E.D. course led by Y staff. All fitness levels are welcome, there will be modifiers for those who need an easier workout.
- R.I.P.P.E.D. is a fitness program that encompasses all aspects of physical fitness which R.I.P.P.E.D. is an acronym for: Resistance, Interval, Power, Plyometrics, Endurance and Diet. Participants will get a work out based on the first five components.
- There will be a sign in sheet to sign after the class to earn five points for your corporation.

THE MISSION BEHIND THE COMPETITION The Y for All Campaign

As a participant in Corporate Challenge, you support the Y cause! Corporate Challenge is held to benefit the Y for All Annual Campaign, which is our fundraising campaign to make sure the Y's facilities and services **remain accessible to everyone in our community.**

100 percent of Y for All funds come from generous donations from the community. Those donations are then given back to those in the community who need a little support. Y for All provides **financial assistance** for Y memberships and programs, such as camp and early childhood education.