B	I	N	G	O
Support another Oconomowoc small business	Accumulate 10 minutes holding the bottom of a squat	Complete 50 burpees after class	Practice Double Unders for 10 minutes after class	Introduce yourself to someone new at Rohkeus
Attend a class before 7am	Sign Up for the CrossFit Open	Log your food intake for 7 days	Attend 5 Classes in 1 Week	Share a gym selfie on social media and tag CrossFit Rohkeus
Take a class at a time you have never attended	Attend Sunday Barbell Club	Consume 800g Vegetables/Fruit per day for 7 days	Coordinate gym outfits with another member	Set a Personal Best Lift
Go to bed 15 minutes earlier or at the same time for 7 days	Partner WOD with someone new	Complete Assault Bike Tabata and Log score in SugarWOD	Leave a Google Review for CrossFit Rohkeus	Attend a Saturday Class
Read a book	Bring a friend to class	Write down your 2024 fitness goal and give to coach Kasey or Nick	Complete 1 "Girl" Benchmark WOD	Complete a 5 person pyramid and share the photo

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B	I	N	G	O
Take a class at a time you have never attended	Attend Sunday Barbell Club	Share a gym selfie on social media and tag CrossFit Rohkeus	Attend 5 Classes in 1 Week	Attend a Saturday Class
Complete 1 "Girl" Benchmark WOD	Set a Personal Best Lift	Consume 800g Vegetables/Fruit per day for 7 days	Introduce yourself to someone new at Rohkeus	Partner WOD with someone new
Attend a class before 7am	Complete 50 burpees after class	Log your food intake for 7 days	Leave a Google Review for CrossFit Rohkeus	Support another Oconomowoc small business
Go to bed 15 minutes earlier or at the same time for 7 days	Bring a friend to class	Sign Up for the CrossFit Open	Complete Assault Bike Tabata and Log score in SugarWOD	Practice Double Unders for 10 minutes after class
Read a book	Write down your 2024 fitness goal and give to coach Kasey or Nick	Complete a 5 person pyramid and share the photo	Accumulate 10 minutes holding the bottom of a squat	Coordinate gym outfits with another member

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B	I	N	G	O
Set a Personal Best Lift	Leave a Google Review for CrossFit Rohkeus	Bring a friend to class	Complete 1 "Girl" Benchmark WOD	Complete Assault Bike Tabata and Log score in SugarWOD
Attend a Saturday Class	Complete a 5 person pyramid and share the photo	Attend a class before 7am	Consume 800g Vegetables/Fruit per day for 7 days	Support another Oconomowoc small business
Go to bed 15 minutes earlier or at the same time for 7 days	Read a book	Log your food intake for 7 days	Attend Sunday Barbell Club	Sign Up for the CrossFit Open
Take a class at a time you have never attended	Partner WOD with someone new	Write down your 2024 fitness goal and give to coach Kasey or Nick	Attend 5 Classes in 1 Week	Accumulate 10 minutes holding the bottom of a squat
Coordinate gym outfits with another member	Share a gym selfie on social media and tag CrossFit Rohkeus	Practice Double Unders for 10 minutes after class	Complete 50 burpees after class	Introduce yourself to someone new at Rohkeus

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