



## HOPE CHEST EXERCISE CONTRACT

The Luminina Board of Directors has established the following requirements to be completed by Hope Chest members:

1. **40 Hope Chest exercise classes** to be completed by December 15, 2023.  
This may include 4 of Dawn's YouTube classes and/or 4 Pink Ribbon classes.
2. **15 Hope Chest exercise classes** before getting into the boats.
3. **5 paddling practices** before competing in a race.

Whether you pay for your own Catalyst Fitness membership directly or through Silver Sneakers, you still must fulfill the requirement of 40 Hope Chest classes. If the 40 Hope Chest exercise classes are not completed by December 15, 2023, regardless of who pays for your membership, you will **not** be able to participate in the **2024 dragon boat** season.

I have read and understand the requirements for 2023 and I agree to these requirements. PLEASE RETURN BY FEBRUARY 15<sup>TH</sup>.

Print Name: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_