

## S.M.A.R.T. Rewards F.A.Q.

**How do I get started?** Register for the program by filling out a pledge form located in this brochure. Turn in the pledge form to any Rec Center staff member. Members can participate at any point in the year, as long as they fill out a pledge form. Program runs January 1 through November 30, 2012. **You must be 18 years of age or older to participate in the program.**

**How do I earn Reward Bucks?** Attend the Rec Center 12 or more days in a month, January through November, and receive \$5 per month. Receive an additional \$2 per month that you visit the Rec Center 12 or more days a month consecutively. For example, if you visit 12 or more days in January, and 12 or more days in February, you will receive \$12. By the end of November 2012, the most one person can receive is \$75 ( $\$5 \times 11 = \$55 + (\$2 \times 10) = \$75$ ). You can choose to redeem at any time during the year or save for a larger reward. Your visits are recorded only upon scanning your membership card at the Front Desk.

**What's the Challenge Program?** Every other month our fitness specialists will promote an optional challenge that will encourage you to set S.M.A.R.T. (Specific, Measurable, Attainable, Realistic, and Timely) goals throughout the year. The first challenge will be available in January and all challenges will be posted on the Challenge Club message board. You can perform the challenges as is OR meet with a fitness specialist to customize the challenges.

**How do I redeem Reward Bucks?** Reward Bucks can be redeemed for desired reward(s) anytime during the S.M.A.R.T. Rewards year, **January-December 31, 2012**. Redeemed amounts will be deducted from your total. Any remaining Bucks can be applied to a future reward. **All Reward Bucks must be redeemed by December 31, 2012.** The program does not roll-over to the next year.

Each month you will receive an email notification containing your Reward Bucks total. To redeem and review rewards options, click on the rewards website in your email certificate. If you do not have an email address, your account total will be listed on the Challenge Club message board. You can then order by mail with a special order form. **All redeemed rewards will be mailed directly to the address specified on the pledge form.**

## Participate in the Rec Center S.M.A.R.T. Rewards program - no matter how you like to stay active!

Whether you like our group fitness classes, enjoy our weight and cardio machines, participate in leagues, or do a little bit of everything, your visits will count towards S.M.A.R.T Rewards! There is something for everybody at the Rec Center:

- Complimentary fitness consulting and programming
- Over 100 group fitness classes per week
- Indoor track
- Two wood basketball courts
- Four racquetball courts
- Two Pilates reformer studios
- Indoor cycling studio
- Over 200 cardio and weight machines
- Free weight area
- On-site Physical Therapy
- Nutrition education and counseling services by a Registered Dietitian

**For more information about the Rec Center and/or S.M.A.R.T. Rewards program, please contact:**

Rockwell Collins Recreation Center  
400 Collins Road N.E.  
MS 154-100  
Cedar Rapids, IA 52498  
319-295-2552 Front Desk  
319-263-3960 Rec Room  
[www.rockwellcollinsreccenter.com](http://www.rockwellcollinsreccenter.com)



## Recreation Center S.M.A.R.T. Rewards



Are you S.M.A.R.T.? We think so and are willing to give you up to \$75 in rewards and a grand prize to prove it. Pledge today to get fit and win!

# Pledge Form

Please return to Rec Center staff once completed. The form must be filled out in completion to be entered into the program. You will receive monthly email notifications with your Reward Bucks balance and rewards website. For more information please contact the Front Desk at 295-2552.

I pledge to participate in the S.M.A.R.T. Rewards program at the Rec Center. My goal is to workout at least 12 days each month.

**Date (Day/Mo/Yr):** \_\_\_\_\_

**Staff referral:** \_\_\_\_\_

**First Name:**

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**Last Name:**

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**Address/City/State/Zip:**

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**Phone:**

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**E-mail Address:**

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**Member Signature:**

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The difference between the impossible and the possible lies in a person's determination.

- Tommy Lasorda



Water Bottle- \$10



Tee-\$25



Hoodie-\$35



Gym Bag-\$45



REC CENTER  
S.M.A.R.T. 2012



Pullover-\$55



Jacket-\$75



## Rewards

Samples of products will be available for your convenience at the Front Desk. All rewards come with a printed or embroidered Rec Center S.M.A.R.T. logo. Products may vary based on availability. Please remember that all rewards must be ordered by Monday, Dec. 31, 2012.

### \$10- Camelback Water Bottle

Easy to Drink: Big Bite™ Valve and Straw 22oz bottle gives easy access to water without taking your eyes off the road, trail or treadmill.

### \$25- Under Armour ® Loosegear ® Tee

Providing the ultimate in moisture management, you'd never know that this shirt isn't cotton. The power stretch fabric and flatlock seams help deliver enhanced mobility. *Women's sizing available.*

### \$35- Nike Fleece Hoodie

A go-to layer for warmth and comfort, the Nike Classic Fleece Pullover Men's Hoodie features soft fleece on the interior and an athletic, durable fit. *Women's sizing available.*

### \$45- Under Armour ® Gym Bag

Gym bag features include: Ballistic nylon and ripstop, roll-out mat, oversized pockets, wet/dry tunnel pocket. Heavy-duty hardware with jacquard webbing and molded metal zippers. Size: 23 in x 11 in x 12 in.

### \$55- Nike ¼ Zip Therma Fit Pullover

This lightweight essential features a roomy fit that's ready for action. Mock-neck, elastic cuffs and hem for warmth. Nike Therma-FIT fabric to help keep you warm and insulated. Contrast stripes at front, back, sleeves and sides for athletic style. *Women's sizing available.*

### \$75- Nike Full-Zip Sport Jacket

Lightweight design with motion-ready construction and breathable water-resistant fabric. *Women's style and sizing available.*

## Grand Prize Trip

Each month you achieve \$5 or more in rewards, you will also be given an entry into the grand prize drawing for a trip for two to Riviera Maya Mexico or Negril Jamaica! Price includes round trip air from Cedar Rapids, round trip transfers from the airport to resort, all inclusive resort for 5 nights including all taxes/meals/drinks/non-motorized water sports. Of course, these rates are subject to change until reservations are made. Winner will receive a gift certificate to Destinations Unlimited valued at \$2500. One winner will be randomly chosen on Monday, December 3, 2012.