

















# 2020 FITCHURCH CHALLENGE SCHEDULE

| Week                               | Date                | Class  | Location   | Time         | Points |
|------------------------------------|---------------------|--|--|--------------|--------|
|                                    | Sat., January 4     | Kick-off Event and Group Workout            | <b>Lakeland Family YMCA</b><br>3620 Cleveland Heights Blvd, Lakeland, FL 33803               | 9 AM         | 75     |
| Month 1 • January   Jumpstart      |                     |  |  |              |        |
| 1                                  | Mon., January 6     | Jumpstart Fitness                           | <b>Lakeland Family YMCA</b><br>3620 Cleveland Heights Blvd, Lakeland, FL 33803               | 6:15 PM      | 15     |
| 2                                  | Mon., January 13    | Walking Meet-up                             | Lake Hollingsworth   | 9 AM         | 10     |
| 2                                  | Thurs., January 16  | Mind + Body + Self Care  | <b>LRH Pavilion for Women &amp; Children</b><br>1324 Lakeland Hills Blvd, Lakeland, FL 33805 | 6 PM         | 25     |
| 3                                  | Thurs., January 23  | Ignite Your Workout (HIIT)                  | <b>Lakeland Family YMCA</b><br>3620 Cleveland Heights Blvd, Lakeland, FL 33803               | 6:15 PM      | 15     |
| 4                                  | Fri., January 24    | Walking Meet-up                             | Lake Parker Park   | 4:30 PM      | 10     |
| 4                                  | Tues., January 28   | Lifestyle Tips for a Healthier You!  | <b>LRH Pavilion for Women &amp; Children</b><br>1324 Lakeland Hills Blvd, Lakeland, FL 33805 | 6:30 PM      | 15     |
| Month 2 • February   Keeping Pace  |                     |  |  |              |        |
| 5                                  | Mon., February 3    | Healthy Heart Cardio + Sculpt               | <b>Lakeland Family YMCA</b><br>3620 Cleveland Heights Blvd, Lakeland, FL 33803               | 6:15 PM      | 15     |
| 6                                  | Thurs., February 13 | "Listen to Your Heart" - Heart Health  | <b>New Mt. Zion Missionary Baptist Church</b><br>1321 N Webster Ave, Lakeland, FL 33805      | 6 PM         | 15     |
| 6                                  | Mon., February 17   | Walking Meet-up                             | Lake Mirror  | 9 AM         | 10     |
| 7                                  | Thurs., February 20 | Rhythm and Moves: Dance Inspired Fitness    | <b>Trinity Christian Center</b><br>4416 Co Rd 540A, Lakeland, FL 33813                       | 6:15 PM      | 15     |
| 8                                  | Mon., February 24   | Game-Changing Nutrition for a BETTER You   | <b>LRH Pavilion for Women &amp; Children</b><br>1324 Lakeland Hills Blvd, Lakeland, FL 33805 | 6 PM         | 30     |
| BONUS                              | Sat., February 29   | Promise Run 2020                            | <b>Lake Mirror Promenade</b>   | 6 AM - 12 PM | 50     |
| Month 3 • March   Conquer Wellness |                     |  |  |              |        |
| -                                  | March 2 - 6         | *TEAM CHALLENGE*                          | N/A  | N/A          | 20     |
| 9                                  | Thurs., March 5     | Breathe Deeply: Experience Yoga           | <b>Lakeland Family YMCA</b><br>3620 Cleveland Heights Blvd, Lakeland, FL 33803               | 6:15 PM      | 15     |
| BONUS                              | Sat., March 7       | FCC Team Field Day                        | <b>Fontaine Gills Family YMCA</b><br>2125 Sleepy Hill Rd, Lakeland, FL 33810                 |              | 50     |
| BONUS                              | Wed., March 11      | FCC Worship Night  | <b>Southeastern University Chapel</b>  | 7 PM         | 50     |
| 10                                 | Thurs., March 12    | Discover Mindfulness and Relaxation  | <b>TBD</b>   | 6 PM         | 15     |
| 11                                 | Mon., March 16      | Boot Camp (Cardio, Strength + Endurance)  | <b>Lakeland Family YMCA</b><br>3620 Cleveland Heights Blvd, Lakeland, FL 33803               | 6:15 PM      | 15     |
| 11                                 | Fri., March 20      | Walking Meet-up                           | Lake Hollingsworth   | 4 PM         | 10     |
| 12                                 | March 23-27         | SPRING BREAK *INDIVIDUAL CHALLENGE*       | N/A  |              | 10     |
| FINAL WEIGH-IN AND SCREENINGS      |                     |  |  |              |        |
|                                    | Sat., April 4       | Combat: The Final Test                    | <b>Lakeland Family YMCA</b><br>3620 Cleveland Heights Blvd, Lakeland, FL 33803               | 9 AM         | 75     |

## Challenge Notes



### Fitness Activity

Appropriate attire is required for all exercise classes. Appropriate workout attire, including gym shoes, should be worn at all times. Jeans, denim clothing, exposed metal on clothing, see-through clothing, open-toed shoes and high heels are prohibited.



### Focus on Nutrition

Portion size matters. Research has shown that people consistently eat more food when offered larger sized portions. So portion control is important when you're trying to lose weight and keep it off. Healthy-eating patterns and regular physical activity can help people achieve and maintain good health and reduce the risk of chronic diseases.

## Important Info for 2020



### Use your fitness tracker/watch for Individual and Bonus Challenges

Once you register, connect your fitness tracker! There will be individual and bonus challenge opportunities throughout the Challenge that capture steps walked, miles traveled, calories burned, etc.



### Join us for Team Field Day!

Joining together as a community helps to build self-esteem that fuels fitness dedication and healthy habits.

### Team Field Day (50 Points)

**Saturday, March 7 • Fontaine Gills Family YMCA (2125 Sleepy Hill Rd, Lakeland, FL 33810)**

Will your team have what it takes to take home the Field Day Champion title? We've got all the classic events like tug of war, relay races, obstacle courses, etc. - plus some races that will challenge your brain. There is something for everyone! Teams will earn points in each event to add up to your total for the day.

## 2020 Bonus Activities

### Move it Mondays (5 Points)

Move It Monday is an international campaign encouraging people of all fitness levels to kick off the week with exercise! Check your e-mail every Monday for the day's tip/activity. Snap a photo of you completing and upload to Challenge Runner!

### Lakeland Regional Health Promise Run (40 Points)

**Saturday, February 29 • Lake Mirror Promenade**

Walk or run in the 2020 Lakeland Regional Health Promise Run in support of conquering cancer. Take a picture of your participation bib at the race and upload to Challenge Runner!

### Team Challenge (25 Points) *(Must complete between March 2-6)*

Gather as many team members as you can and complete at least a 30 minute group workout. Make sure to snap a team photo and upload to Challenge Runner!

### Individual Challenges (10 Points)

Individual challenges will appear throughout the Challenge weeks. Simply verify you have completed the Challenge!

**Make sure to check your e-mail at the beginning of each week for e-mail updates, special tips and bonus activities.**

Please allow 7-10 business days for attendance from sessions to be added to the Challenge Runner portal.

The program and associated health screenings can give you a snapshot of your health but do not serve as a substitute for professional medical care and evaluation.  
We encourage you to consult with your treating physician or other healthcare professionals in connection with your decision to participate in this program.