



# FITCHURCH CHALLENGE

# 2023 Schedule

WEEK	DAY	DATE	TIME	ACTIVITY	LOCATION
	SAT	January 7	9:00AM	FitChurch Challenge Kick-off + Wellness Bash	Lakeland Family YMCA (South)
WEEK 1	MON	January 9	6:15PM	Fitness   Body Attack	Lakeland Family YMCA (South)
	WED	January 11	4:00PM	Walking Meet-up	Bonnet Springs Park
WEEK 2	WED	January 18	6:15PM	Fitness   Tone	Lakeland Family YMCA (South)
	FRI	January 20	5:00PM	Walking Meet-up	Lake Hollingsworth
WEEK 3	MON	January 23	4:00PM	Walking Meet-up	Bonnet Springs Park
	FRI	January 27	5:00PM	Fitness   Bootcamp	North Lakeland YMCA
WEEK 4	WED	February 1	5:30PM	Fitness   Heart Healthy Cycling	Lakeland Family YMCA (South)
	FRI	February 3	4:30PM	Walking Meet-up	Bonnet Springs Park
WEEK 5	MON	February 6	6:30PM	Fitness   Body Balance	Lakeland Family YMCA (South)
	WED	February 8	4:30PM	Walking Meet-up	Lake Parker Park
WEEK 6	MON	February 13	4:30PM	Walking Meet-up	Bonnet Springs Park
	WED	February 15	6:15PM	Fitness   Zumba	Lakeland Family YMCA (South)
WEEK 7	WED	February 22	5:00PM	Walking Meet-up	Lake Hollingsworth
	THURS	February 23	5:30PM	Nutrition Facts Label Smarts	Virtual, Zoom
	FRI	February 24	5:00PM	Fitness   Class TBD	Lakeland Family YMCA (South)
WEEK 8	MON	February 27	5:30PM	Heart Health Class	Virtual, Zoom
	WED	March 1	4:00PM	Walking Meet-up	Lake Parker Park
	SAT	March 4	7:00AM	LRH Promise Run + Walk	Lake Mirror Promenade
WEEK 9	MON	March 6	6:15PM	Fitness   Bootcamp	Lakeland Family YMCA (South)
	WED	March 8	4:30PM	Walking Meet-up	Bonnet Springs Park
	THURS	March 9	5:30PM	Eat to Beat Diabetes	Virtual, Zoom
WEEK 10	MON	March 13	SPRING BREAK (Virtual Options)		
WEEK 11	WED	March 22	5:00PM	Walking Meet-up	Lake Hollingsworth
	FRI	March 24	5:15PM	Fitness   Body Combat	North Lakeland YMCA
	SAT	March 25	9:00AM	Team Field Day	North Lakeland YMCA
WEEK 12	MON	March 27	5:00PM	Goal Planning   Sustainability	LRH Pavilion for Women and Children
	SAT	April 1	11:30AM	Final Session   Fitness Class	Lakeland Family YMCA (South)

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.