



Fitness Challenges

SCHEDULE

The below schedule is for the *FITChurch Challenge* **and** the *FIT Challenge*.

WEEK	DAY	DATE	TIME	EVENT/SESSION	LOCATION
	SAT	January 4	10:15 AM	Fitness Challenges Kick-Off (BodyPump)	Lakeland Family YMCA - Gym
1	TUES	January 7	6:15 PM	Fitness Zumba	Fontaine Gills Family YMCA – Kramer Court
1	THURS	January 9	5:00 PM	Walking Meet-up	Bonnet Springs Park
2	TUES	January 14	5:30 PM	Fitness Bootcamp	Fontaine Gills Family YMCA – Kramer Court
2	FRI	January 17	4:00 PM	Walking Meet-up	Lake Hollingsworth
3	WED	January 22	6:15 PM	Fitness Yoga	Fontaine Gills Family YMCA – Kramer Court
3	THURS	January 23	4:30 PM	Walking Meet-up	Lake Parker Park
4	THURS	January 30	5:30PM / 6:15 PM	Fitness RPM	Lakeland Family YMCA – Cycling Studio
4	FRI	January 31	4:30 PM	Walking Meet-up	Lake Hollingsworth
5	TUES	February 4	5:00 PM	Walking Meet-up	Bonnet Springs Park
5	THURS	February 6	6:15 PM	Fitness Pound	Fontaine Gills Family YMCA – Kramer Court
6	MON	February 10	5:30 PM	Nutrition Class	Virtual, Zoom
6	TUES	February 11	5:45 PM	Raquetball Bonus Point Option	Lakeland Family YMCA
6	WED	February 12	5:30 PM	Fitness BodyAttack	Lakeland Family YMCA - Main Group Ex Room
6	FRI	February 14	Virtual	At Your Own Pace Walk	Virtual
7	MON	February 17	4:30 PM	Walking Meet-up	Lake Hollingsworth
7	THURS	February 20	5:15 PM	Fitness BodyPump	Fontaine Gills Family YMCA – Kramer Court
8	TUES	February 25	5:30 PM	The Power of Habits	Lakeland Regional Health Kathleen Campus
8	THURS	February 27	5:30PM / 6:15 PM	Fitness RPM	Lakeland Family YMCA – Cycling Studio
8	FRI	February 28	4:30 PM	Walking Meet-up	Lake Parker Park
9	WED	March 5	5:15 PM	Fitness BodyCombat	Fontaine Gills Family YMCA – Kramer Court
9	THURS	March 6	5:30 PM	Fitness Aqua Zumba	Lakeland Family YMCA
10	MON	March 10	6:30 PM	Fitness BodyBalance	Lakeland Family YMCA - Main Group Ex Room
10	THURS	March 13	4:30 PM	Walking Meet-up	Bonnet Springs Park
10	FRI	March 14	6:30 PM	Fitness Zumba	Lakeland Family YMCA
11	March 17 - March 21 (Spring Break)				
12	TUES	March 25	5:30 PM	Fitness Bootcamp	Fontaine Gills Family YMCA – Kramer Court
12	WED	March 26	4:30 PM	Walking Meet-up	Lake Hollingsworth
12	SAT	March 29	9:00 AM	Final Session (Body Pump)	Lakeland Family YMCA

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.

