



# Fitness Challenges

# SCHEDULE

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

WEEK	DAY	DATE	TIME	EVENT/SESSION	LOCATION
	SAT	January 3	9:30 AM	Fitness Challenges Kick-Off (BodyPump)	Bob Adams Family Community YMCA – Gym
1	TUES	January 6	6:15 PM	Fitness   Zumba	Fontaine Gills Family YMCA – Kramer Court
1	THURS	January 8	5:00 PM	Walking Meet-up	Bonnet Springs Park
2	WED	January 14	6:15 PM	Fitness   Yoga	Fontaine Gills Family YMCA – Kramer Court
2	THURS	January 15	4:30 PM	Walking Meet-up	Bonnet Springs Park
3	MON	January 19	6:15 PM	Fitness   RPM (Cycling)	Bob Adams Family Community YMCA – Cycling Studio
3	THURS	January 22	4:30 PM	Walking Meet-up	Lake Parker Park
4	TUES	January 27	6:15 PM	Fitness   Functional Strength	Bob Adams Family Community YMCA
4	WED	January 28	5:30 PM	Nutrition	Zoom
4	FRI	January 30	4:30 PM	Walking Meet-up	Lake Hollingsworth
5	TUES	February 3	5:00 PM	Walking Meet-up	Bonnet Springs Park
5	THURS	February 5	6:15 PM	Fitness   Pound	Fontaine Gills Family YMCA – Kramer Court
6	WED	February 11	4:30 PM	Fitness   BodyStep	Bob Adams Family Community YMCA – Group Exercise Room
6	FRI	February 13	TBD	Virtual Walk	Virtual
7	MON	February 16	5:30 PM	Walking Meet-up	Lake Hollingsworth
7	THURS	February 19	5:15 PM	Fitness   BodyPump	Fontaine Gills Family YMCA – Kramer Court
8	TUES	February 24	TBD	Health Education Class	Virtual
8	FRI	February 27	5:30 PM	Walking Meet-up	Bonnet Springs Park
9	MON	March 2	4:30 PM	Walking Meet-up	Bonnet Springs Park
9	WED	March 4	5:15 PM	Fitness   BodyCombat	Fontaine Gills Family YMCA – Front Court
9	FRI	March 6	6:30 PM	Fitness   Zumba	Bob Adams Family Community YMCA
10	MON	March 9	6:30 PM	Fitness   BodyBalance	Bob Adams Family Community YMCA
10	THURS	March 12	4:30 PM	Walking Meet-up	Bonnet Springs Park
11	March 16 - March 20 (Spring Break)				
12	MON	March 23	6:15 PM	Fitness   RPM (Cycling)	Bob Adams Family Community YMCA – Cycling Studio
12	SAT	March 28	9:00 AM	Final Session	Bob Adams Family Community 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.

