Fitness **Challenges** | SCHEDULE

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

WEEK	DAY	DATE	TIME	EVENT/SESSION	LOCATION
	SAT	January 9	9:30 AM	Kick-Off	Bob Adams Family Community YMCA
1	WED	January 13	5:15 PM	Fitness: Body Combat	Fontaine Gills Family YMCA
1	THURS	January 14	5:00 PM	Walking Meet- Up	Bonnet Springs Park
2	TUES	January 19	5:00 PM	Fitness: CORE	Bob Adams Family Community YMCA
2	THURS	January 21	5:00 PM	Walking Meet-Up	Lake Hollingsworth
3	TUES	January 26	5:00 PM	Walking Meet-Up	Lake Mirror
3	THURS	January 28	5:45 PM	Fitness: GRIT	Bob Adams Family Community YMCA
4	TUES	February 2	5:00 PM	Walking Meet-Up	Lake Parker Park
4	THURS	February 4	6:15 PM	Fitness: POUND	Fontaine Gills Family YMCA
5	TUES	February 9	6:30 PM	Nutrition: Nourish	BAY: Nourish Teaching Kitchen
5	WED	February 10	6:30 PM	Fitness: Body Balance	Bob Adams Family Community YMCA
5	THURS	February 11	5:00 PM	Walking Meet-Up	Lake Hollingsworth
6	TUES	February 16	6:30 PM	Fitness: Yoga Strength	Bob Adams Family Community YMCA
6	THURS	February 18	5:00 PM	Walking Meet-Up	Lake Mirror
7	TUES	February 23	6:15 PM	Fitness: Zumba	Fontaine Gills Family YMCA
7	THURS	February 25	5:00 PM	Walking Meet-Up	Lake Parker Park
8	WED	March 3	5:30 PM	Fitness: RPM (Cycling)	Bob Adams Family Community YMCA
8	THURS	March 4	5:00 PM	Walking Meet-Up	Lake Hollingsworth
9	TUES	March 9	6:00 PM	Fitness: Aqua Aerobics	Bob Adams Family Community YMCA
9	THURS	March 11	5:00 PM	Walking Meet-Up	Lake Mirror
10	March 15 - March 19 (Spring Break)				
11	WED	March 24	5:15 PM	Fitness: Body Combat	Fontaine Gills Family YMCA
11	THURS	March 25	5:00 PM	Walking Meet-Up	Bonnet Springs Park
12	WED	March 31	6:30 PM	Fitness: Body Balance	Bob Adams Family Community YMCA
12	SAT	April 3	9:00 AM	Fitness: Final Session	Bob Adams Family Community YMCA

Location Addresses

Bob Adams Family Community YMCA (BAY)
3620 Cleveland Heights Blvd, Lakeland, FL 33803

Fontaine Gills Family YMCA (FGY)
2125 Sleepy Hill Rd, Lakeland, FL 33810

Bonnet Springs Park (BSP)
400 Bonnet Springs Blvd Lakeland, FL 33815
Meeting Location: BSP Welcome Center

Lake Hollingsworth
850 Lake Hollingsworth Dr, Lakeland, FL 33803
Meeting Area: Grassy area in front of the public parking lot

Lake Parker Park
910 E. Granada Street, Lakeland, FL 33805
Meeting Location: Gate 1, walking path near boat ramp parking lot

Lake Mirror (Complex)
121 S. Lake Avenue, Lakeland, FL 33801

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.

Lakeland Regional Health | the YMCA