

# Y Fit Life Challenge January 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	<b>4</b> 5-7pm Blood Pressure & Glucose Screening	<b>5</b> 4-6pm Blood Pressure & Glucose Screening	<b>6</b> Category: <b>Strength &amp; Conditioning</b> 5:45pm Strong & Fit	<b>7</b> Category: <b>Athletics</b> 6pm Basketball Clinic	<b>8</b>	<b>9</b> Category: <b>Mind/Body</b> 10:30am Saturday Yoga
			<b>Fitness</b>	<b>Assessments</b>	<b>January 6-</b>	<b>11</b>
10	<b>11</b> Category: <b>Strength &amp; Conditioning</b> 5:45pm Strong & Fit  Category: <b>Nutrition</b> 6:30pm Presentation by Lisa Berns, RD	<b>12</b> Category: <b>Strength &amp; Conditioning</b> 10:30am Active Adults	<b>13</b> Category: <b>Aerobic Fitness</b> 6:45 AquaFit (pool)  Category: <b>Athletics</b> 12:00 Volleyball	<b>14</b> Category: <b>Nutrition</b> 5:30pm Bring a healthy appetizer and recipe to share with Challengers  Category: <b>Athletics</b> 6pm Pickleball	<b>15</b>	<b>16</b>
17	<b>18</b> Category: <b>Nutrition</b> Complete a Food Diary this week and turn in at Member Service Desk by 1/27/16	<b>19</b> Category: <b>Athletics</b> 5:30 Swim Clinic	<b>20</b> Category: <b>Athletics</b> 5pm Volleyball	<b>21</b> Category: <b>Aerobic Fitness</b> 4:30 Cardio Mix	<b>22</b> Category: <b>Athletics</b> 8am Badminton	<b>23</b> Category: <b>Aerobic Fitness</b> 9:15am Saturday Zumba
24	<b>25</b>	<b>26</b> Category: <b>Athletics</b> 5:30 Swim Clinic	<b>27</b> Category: <b>Mind/Body</b> 8am Yoga Sunrise	<b>28</b> Category: <b>Athletics</b> 6pm Pickleball	<b>29</b> Category: <b>Aerobic Fitness</b> 9am Cardio Splash (pool)	<b>30</b>

You must participate in a minimum of 1 program in each category (athletics, aerobic fitness, strength & conditioning, mind/body, nutrition) on the Y Fit Life Challenge 2016 Activity Calendar before March 29, in order to be considered as a finalist in Y Fit Life Challenge. Most programs are approximately one hour. Please go to [www.owencountymca.org](http://www.owencountymca.org) to check on possible cancelations/reschedules due to severe weather.

**Always scan your Y card and sign in on Y Fit Life Challenge Attendance Sheet.**

# Y Fit Life Challenge February 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> Category: <b>Nutrition</b> Take Fruit and Vegetable Group Quizzes on myplate.gov-interactive tools-quizzes and submit your score to Y Member Services Desk	<b>2</b>	<b>3</b> Category: <b>Athletics</b> 9am Pickleball  Category: <b>Athletics</b> 5pm Volleyball	<b>4</b>	<b>5</b> Category: <b>Athletics</b> 8am Badminton	<b>6</b>
<b>7</b>	<b>8</b> Category: <b>Strength &amp; Conditioning</b> 5:45pm Strong & Fit	<b>9</b> Category: <b>Strength &amp; Conditioning</b> 10:30am Active Adults (age 50+)	<b>10</b> Category: <b>Athletics</b> 9am Pickleball	<b>11</b> Category: <b>Athletics</b> 6pm Dodge Ball	<b>12</b>	<b>13</b>
<b>14</b>	<b>15</b> Category: <b>Mind/Body</b> 8am Yoga Sunrise	<b>16</b>	<b>17</b> Category: <b>Athletics</b> 12:00 Volleyball	<b>18</b>	<b>19</b>	<b>20</b> Category: <b>Mind/Body</b> 10:30am Saturday Yoga
<b>21</b>	<b>22</b> Category: <b>Aerobic Fitness</b> 6:45pm AquaFit (pool)	<b>23</b> Category: <b>Aerobic Fitness</b> 6:45pm Zumba	<b>24</b>	<b>25</b> Category: <b>Mind/Body</b> 5:45pm Yoga Strong	<b>26</b> Category: <b>Aerobic Fitness</b> 9am Cardio Splash (pool)	<b>27</b>
<b>28</b>	<b>29</b> Category: <b>Nutrition</b> Complete a Food Diary this week and turn in at Member Service Desk by 3/9/16					

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# Y Fit Life Challenge March 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> Category: <b>Aerobic Fitness</b> 4:30pm Cardio Mix	<b>2</b>	<b>3</b>	<b>4</b> Category: <b>Athletics</b> 8am Badminton	<b>5</b>
<b>6</b>	<b>7</b> Category: <b>Mind/Body</b> 8am Yoga Sunrise	<b>8</b>	<b>9</b> <b>Schedule Fitness Assessment</b>	<b>10</b>	<b>11</b> Category: <b>Strength &amp; Conditioning</b> 4:30pm Boot Camp Basics (gym)	<b>12</b>
<b>13</b>	<b>14</b> Category: <b>Nutrition</b> Complete a Food Diary this week and turn in at Member Service Desk by 3/23/16	<b>15</b> <b>No Group</b>	<b>16</b> <b>Exercise</b>	<b>17</b> <b>Classes</b>	<b>18</b> <b>March 13</b>	<b>19</b> <b>- 19</b>
<b>20</b>	<b>21</b> Category: <b>Strength &amp; Conditioning</b> 5:45pm Strong & Fit	<b>22</b> Category: <b>Mind/Body</b> 5:45pm Yoga Strong	<b>23</b> Category: <b>Athletics</b> 9am Pickleball  <b>Fitness</b>	<b>24</b> <b>Assessments</b>	<b>25</b>  <b>March 23-</b>	<b>26</b>  <b>29</b>
<b>27</b> Easter	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>		

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