



WEEKLY CHALLENGE

WEEK 1

Monday, January 5-Sunday, January 11

TAKE A STRENGTH CLASS

Eligible classes include Bodypump, Fullbody Fit, Forever Fit, Functional, Total Body Strength, TRX, and Senior Strength



WEEKLY CHALLENGE

WEEK 2

Monday, January 12-Sunday, January 18

**TAKE AN AQUATICS CLASS
OR LAP SWIM**



WEEKLY CHALLENGE

WEEK 3

Monday, January 19-Sunday, January 25

**TAKE A YOGA, STRETCH,
OR MOBILITY CLASS**



WEEKLY CHALLENGE

WEEK 4

Monday, January 26-Sunday, February 1

RUN OR WALK

2 MILES



WEEKLY CHALLENGE

WEEK 5

Monday, February 2-Sunday, February 8

**SHARE THE LOVE OF
FITNESS BY...**

exercising with a friend or family member



WEEKLY CHALLENGE

WEEK 6

Monday, February 9-Sunday, February 15

**SHARE THE LOVE OF
FITNESS BY...**

attending a class you love



WEEKLY CHALLENGE

WEEK 7

Monday, February 16-Sunday, February 22

**SHARE THE LOVE OF
FITNESS BY...**

trying out a new class format (Aqua, Group Ex, Small Group)



WEEKLY CHALLENGE

WEEK 8

Monday, February 23-Sunday, March 1

**SHARE THE LOVE OF
FITNESS BY...**

showing up to your favorite instructor's class and letting
them know why you're there