

Big Foot Rec Wellness Club

Name: _____

Week 2: **January 14-20**
Aerobic Exercise Guidelines



Please turn in your punch card to the Rec Office or Fitness Center drop-box

Fitness Center & Personal Training
 M T W T F S S

- ___ Monday, Jan 14 – Optional Weigh In (5:00 am-8:00 pm)
- ___ Monday, Jan 14 –HIIT (5:00-5:30 am)
- ___ Monday, Jan 14 – Meditation (7:45-8:15 am)
- ___ Monday, Jan 14 – QiGong Plus (8:30-9:15 am)
- ___ Monday, Jan 14 – Fitness Class (8:45-9:45 am)
- ___ Monday, Jan 14 – Adult Walking Club (9:30-10:30 am)
- ___ Monday, Jan 14 – Fit For Change (6:30-7:30 pm)
- ___ Tuesday, Jan 15 – HIIT (5:00-5:30 am)
- ___ Tuesday, Jan 15 – 10 Weeks to a Healthier YOU (6-7 am)
- ___ Tuesday, Jan 15 – Chair Yoga (9:30-10:30 am)
- ___ Tuesday, Jan 15 – WERQ (5:15-6:15 pm)
- ___ Wednesday, Jan 16 – HIIT (5:00-5:30 am)
- ___ Wednesday, Jan 16 – QiGong Plus (8:30-9:15 am)
- ___ Wednesday, Jan 16 – Fitness Class (8:45-9:45 am)
- ___ Wednesday, Jan 16 – Adult Walking Club (9:30-10:30 am)
- ___ Wednesday, Jan 16 – Pickleball (6:00-8:00 pm)
- ___ Thursday, Jan 17 – 10 Weeks to a Healthier YOU (6-7 am)
- ___ Thursday, Jan 17 – WERQ (5:15-6:15 pm)
- ___ Friday, Jan 18 – HIIT (5:00-5:30 am)
- ___ Friday, Jan 18 – Fitness Class (8:45-9:45 am)
- ___ Saturday, Jan 19 – Healthy Body Yoga (8:15-9:00 am)
- ___ Saturday, Jan 19 – Managing Back Pain (11:30-1:00)
- ___ Sunday, Jan 20 – Pickleball (6:00-8:00 pm)

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Name: _____

Week 1: **January 7-13**
Aerobic Exercise Guidelines



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Fitness Center & Personal Training
 M T W T F S S

- ___ Monday, Jan 7 – Optional Weigh In (5:00 am-8:00 pm)
- ___ Monday, Jan 7 –HIIT (5:00-5:30 am)
- ___ Monday, Jan 7 – Meditation (7:45-8:15 am)
- ___ Monday, Jan 7 – QiGong Plus (8:30-9:15 am)
- ___ Monday, Jan 7 – Fitness Class (8:45-9:45 am)
- ___ Monday, Jan 7 – Adult Walking Club (9:30-10:30 am)
- ___ Monday, Jan 7 – Beginner’s Guide to Gym (5:30-6:30 pm)
- ___ Tuesday, Jan 8 – HIIT (5:00-5:30 am)
- ___ Tuesday, Jan 8 – 10 Weeks to a Healthier YOU (6-7 am)
- ___ Tuesday, Jan 8 – Chair Yoga (9:30-10:30 am)
- ___ Tuesday, Jan 8 – WERQ (5:15-6:15 pm)
- ___ Wednesday, Jan 9 – HIIT (5:00-5:30 am)
- ___ Wednesday, Jan 9 – QiGong Plus (8:30-9:15 am)
- ___ Wednesday, Jan 9 – Fitness Class (8:45-9:45 am)
- ___ Wednesday, Jan 9 – Adult Walking Club (9:30-10:30 am)
- ___ Wednesday, Jan 9 – Pickleball (6:00-8:00 pm)
- ___ Thursday, Jan 10 – 10 Weeks to a Healthier YOU (6-7 am)
- ___ Thursday, Jan 10 – WERQ (5:15-6:15 pm)
- ___ Friday, Jan 11 – HIIT (5:00-5:30 am)
- ___ Friday, Jan 11 – Fitness Class (8:45-9:45 am)
- ___ Saturday, Jan 12 – Healthy Body Yoga (8:15-9:00 am)
- ___ Sunday, Jan 13 – Pickleball (6:00-8:00 pm)

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Week 4: **Jan 28-Feb 3**
Strength Training



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Fitness Center & Personal Training
 M T W T F S S

- ___ Monday, Jan 28 – Optional Weigh In (5:00 am-8:00 pm)
- ___ Monday, Jan 28 –HIIT (5:00-5:30 am)
- ___ Monday, Jan 28 – Meditation (7:45-8:15 am)
- ___ Monday, Jan 28 – QiGong Plus (8:30-9:15 am)
- ___ Monday, Jan 28 – Fitness Class (8:45-9:45 am)
- ___ Monday, Jan 28 – Adult Walking Club (9:30-10:30 am)
- ___ Monday, Jan 28 – Fit For Change (6:30-7:30 pm)
- ___ Tuesday, Jan 29 – HIIT (5:00-5:30 am)
- ___ Tuesday, Jan 29 – 10 Weeks to a Healthier YOU (6-7 am)
- ___ Tuesday, Jan 29 – Chair Yoga (9:30-10:30 am)
- ___ Tuesday, Jan 29 – WERQ (5:15-6:15 pm)
- ___ Wednesday, Jan 30 – HIIT (5:00-5:30 am)
- ___ Wednesday, Jan 30 – QiGong Plus (8:30-9:15 am)
- ___ Wednesday, Jan 30 – Fitness Class (8:45-9:45 am)
- ___ Wednesday, Jan 30 – Adult Walking Club (9:30-10:30 am)
- ___ Wednesday, Jan 30 – Pickleball (6:00-8:00 pm)
- ___ Thursday, Jan 31 – 10 Weeks to a Healthier YOU (6-7 am)
- ___ Thursday, Jan 31 – Healthy Living/Diabetes (1:00-3:30 pm)
- ___ Thursday, Jan 31 – WERQ (5:15-6:15 pm)
- ___ Friday, Feb 1 – HIIT (5:00-5:30 am)
- ___ Friday, Feb 1 – Fitness Class (8:45-9:45 am)
- ___ Saturday, Feb 2 – Healthy Body Yoga (8:15-9:00 am)
- ___ Sunday, Feb 3 – Pickleball (6:00-8:00 pm)

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Week 3: **January 21-27**
The Benefits of Walking & Free Aurora Health Check!



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Fitness Center & Personal Training
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- ___ Monday, Jan 21 – Optional Weigh In (5:00 am-8:00 pm)
- ___ Monday, Jan 21 –HIIT (5:00-5:30 am)
- ___ Monday, Jan 21 – Meditation (7:45-8:15 am)
- ___ Monday, Jan 21 – QiGong Plus (8:30-9:15 am)
- ___ Monday, Jan 21 – Fitness Class (8:45-9:45 am)
- ___ Monday, Jan 21 – Adult Walking Club (9:30-10:30 am)
- ___ Monday, Jan 21 – Fit For Change (6:30-7:30 pm)
- ___ Tuesday, Jan 22 – HIIT (5:00-5:30 am)
- ___ Tuesday, Jan 22 – 10 Weeks to a Healthier YOU (6-7 am)
- ___ Tuesday, Jan 22 – Chair Yoga (9:30-10:30 am)
- ___ Tuesday, Jan 22 – WERQ (5:15-6:15 pm)
- ___ Tuesday, Jan 22 – **Free Aurora Health Screening!** (5-6 pm)
- ___ Wednesday, Jan 23 – HIIT (5:00-5:30 am)
- ___ Wednesday, Jan 23 – QiGong Plus (8:30-9:15 am)
- ___ Wednesday, Jan 23 – Fitness Class (8:45-9:45 am)
- ___ Wednesday, Jan 23 – Adult Walking Club (9:30-10:30 am)
- ___ Wednesday, Jan 23 – Pickleball (6:00-8:00 pm)
- ___ Thursday, Jan 24 – 10 Weeks to a Healthier YOU (6-7 am)
- ___ Thursday, Jan 24 – Healthy Living/Diabetes (1:00-3:30 pm)
- ___ Thursday, Jan 24 – WERQ (5:15-6:15 pm)
- ___ Friday, Jan 25 – HIIT (5:00-5:30 am)
- ___ Friday, Jan 25 – Fitness Class (8:45-9:45 am)
- ___ Saturday, Jan 26 – Healthy Body Yoga (8:15-9:00 am)
- ___ Sunday, Jan 27 – Pickleball (6:00-8:00 pm)