

Big Foot Rec Wellness Club

Name: _____

Week 6: **Feb 11-17**
Staying Active at Work



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, Feb 11 – Optional Weigh In (5:00 am-8:00 pm)
- ___ Monday, Feb 11 –HIIT (5:00-5:30 am)
- ___ Monday, Feb 11 – Meditation (7:45-8:15 am)
- ___ Monday, Feb 11 – QiGong Plus (8:30-9:15 am)
- ___ Monday, Feb 11 – Fitness Class (8:45-9:45 am)
- ___ Monday, Feb 11 – Adult Walking Club (9:30-10:30 am)
- ___ Tuesday, Feb 12 – HIIT (5:00-5:30 am)
- ___ Tuesday, Feb 12 – 10 Weeks to a Healthier YOU (6-7 am)
- ___ Tuesday, Feb 12 – Chair Yoga (9:30-10:30 am)
- ___ Tuesday, Feb 12 – WERQ (5:15-6:15 pm)
- ___ Wednesday, Feb 13 – HIIT (5:00-5:30 am)
- ___ Wednesday, Feb 13 – QiGong Plus (8:30-9:15 am)
- ___ Wednesday, Feb 13– Fitness Class (8:45-9:45 am)
- ___ Wednesday, Feb 13 – Adult Walking Club (9:30-10:30 am)
- ___ Wednesday, Feb 13 – Pickleball (6:00-8:00 pm)
- ___ Thursday, Feb 14 – 10 Weeks to a Healthier YOU (6-7 am)
- ___ Thursday, Feb 14 – Healthy Living/Diabetes (1:00-3:30 pm)
- ___ Thursday, Feb 14 – WERQ (5:15-6:15 pm)
- ___ Friday, Feb 15 – HIIT (5:00-5:30 am)
- ___ Friday, Feb 15 – Fitness Class (8:45-9:45 am)
- ___ Saturday, Feb 16 – Healthy Body Yoga (8:15-9:00 am)
- ___ Sunday, Feb 17 – Pickleball (6:00-8:00 pm)

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Week 8: **Feb 25 - Mar 3**
Analyzing Your Results



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

- ___ Monday, Feb 25 – Optional Weigh In (5:00 am-8:00 pm)
- ___ Monday, Feb 25 –HIIT (5:00-5:30 am)
- ___ Monday, Feb 25 – Meditation (7:45-8:15 am)
- ___ Monday, Feb 25 – QiGong Plus (8:30-9:15 am)
- ___ Monday, Feb 25 – Fitness Class (8:45-9:45 am)
- ___ Monday, Feb 25 – Adult Walking Club (9:30-10:30 am)
- ___ Tuesday, Feb 26 – HIIT (5:00-5:30 am)
- ___ Tuesday, Feb 26 – 10 Weeks to a Healthier YOU (6-7 am)
- ___ Tuesday, Feb 26 – Chair Yoga (9:30-10:30 am)
- ___ Tuesday, Feb 26 – WERQ (5:15-6:15 pm)
- ___ Wednesday, Feb 27 – HIIT (5:00-5:30 am)
- ___ Wednesday, Feb 27 – QiGong Plus (8:30-9:15 am)
- ___ Wednesday, Feb 27– Fitness Class (8:45-9:45 am)
- ___ Wednesday, Feb 27 – Adult Walking Club (9:30-10:30 am)
- ___ Wednesday, Feb 27 – Pickleball (6:00-8:00 pm)
- ___ Thursday, Feb 28 – 10 Weeks to a Healthier YOU (6-7 am)
- ___ Thursday, Feb 28 – Healthy Living/Diabetes (1:00-3:30 pm)
- ___ Thursday, Feb 28 – WERQ (5:15-6:15 pm)
- ___ Friday, Mar 1 – HIIT (5:00-5:30 am)
- ___ Friday, Mar 1 – Fitness Class (8:45-9:45 am)
- ___ Sunday, Mar 3 – Pickleball (6:00-8:00 pm)

***Don't forget to stop in the Rec District Office to claim your prizes!**

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Week 5: **Feb 4-10**
The Importance of Sleep



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Fitness Center & Personal Training
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- ___ Monday, Feb 4 – Optional Weigh In (5:00 am-8:00 pm)
- ___ Monday, Feb 4 –HIIT (5:00-5:30 am)
- ___ Monday, Feb 4 – Meditation (7:45-8:15 am)
- ___ Monday, Feb 4 – QiGong Plus (8:30-9:15 am)
- ___ Monday, Feb 4 – Fitness Class (8:45-9:45 am)
- ___ Monday, Feb 4 – Adult Walking Club (9:30-10:30 am)
- ___ Monday, Feb 4 – Beginner's Guide to Gym (5:30-6:30 pm)
- ___ Monday, Feb 4 – Fit For Change (6:30-7:30 pm)
- ___ Tuesday, Feb 5 – HIIT (5:00-5:30 am)
- ___ Tuesday, Feb 5 – 10 Weeks to a Healthier YOU (6-7 am)
- ___ Tuesday, Feb 5 – Chair Yoga (9:30-10:30 am)
- ___ Tuesday, Feb 5 – WERQ (5:15-6:15 pm)
- ___ Wednesday, Feb 6 – HIIT (5:00-5:30 am)
- ___ Wednesday, Feb 6 – QiGong Plus (8:30-9:15 am)
- ___ Wednesday, Feb 6– Fitness Class (8:45-9:45 am)
- ___ Wednesday, Feb 6 – Adult Walking Club (9:30-10:30 am)
- ___ Wednesday, Feb 6 – Pickleball (6:00-8:00 pm)
- ___ Thursday, Feb 7 – 10 Weeks to a Healthier YOU (6-7 am)
- ___ Thursday, Feb 7 – Healthy Living/Diabetes (1:00-3:30 pm)
- ___ Thursday, Feb 7 – WERQ (5:15-6:15 pm)
- ___ Friday, Feb 8 – HIIT (5:00-5:30 am)
- ___ Friday, Feb 8 – Fitness Class (8:45-9:45 am)
- ___ Saturday, Feb 9 – Healthy Body Yoga (8:15-9:00 am)
- ___ Sunday, Feb 10 – Pickleball (6:00-8:00 pm)

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Week 7: **Feb 18-24**
Stress Reduction



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Fitness Center & Personal Training
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- ___ Monday, Feb 18 – Optional Weigh In (5:00 am-8:00 pm)
- ___ Monday, Feb 18 –HIIT (5:00-5:30 am)
- ___ Monday, Feb 18 – Meditation (7:45-8:15 am)
- ___ Monday, Feb 18 – QiGong Plus (8:30-9:15 am)
- ___ Monday, Feb 18 – Fitness Class (8:45-9:45 am)
- ___ Monday, Feb 18 – Adult Walking Club (9:30-10:30 am)
- ___ Tuesday, Feb 19 – HIIT (5:00-5:30 am)
- ___ Tuesday, Feb 19 – 10 Weeks to a Healthier YOU (6-7 am)
- ___ Tuesday, Feb 19 – Chair Yoga (9:30-10:30 am)
- ___ Tuesday, Feb 19 – WERQ (5:15-6:15 pm)
- ___ Wednesday, Feb 20 – HIIT (5:00-5:30 am)
- ___ Wednesday, Feb 20 – QiGong Plus (8:30-9:15 am)
- ___ Wednesday, Feb 20– Fitness Class (8:45-9:45 am)
- ___ Wednesday, Feb 20 – Adult Walking Club (9:30-10:30 am)
- ___ Wednesday, Feb 20 – Pickleball (6:00-8:00 pm)
- ___ Thursday, Feb 21 – 10 Weeks to a Healthier YOU (6-7 am)
- ___ Thursday, Feb 21 – Healthy Living/Diabetes (1:00-3:30 pm)
- ___ Thursday, Feb 21 – WERQ (5:15-6:15 pm)
- ___ Friday, Feb 22 – HIIT (5:00-5:30 am)
- ___ Friday, Feb 22 – Fitness Class (8:45-9:45 am)
- ___ Saturday, Feb 23 – Healthy Body Yoga (8:15-9:00 am)
- ___ Saturday, Feb 23 – Managing Back Pain (11:30 am-1:00 pm)
- ___ Sunday, Feb 24 – Pickleball (6:00-8:00 pm)