

# Big Foot Rec Wellness Club

Name: \_\_\_\_\_

Week 2: **January 15-21**  
*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 15 – Optional Weigh In (5:00 am-8:00 pm)
- \_\_\_ Monday, Jan 15 –HIIT (5:00-5:30 am)
- \_\_\_ Monday, Jan 15 – Meditation (7:45-8:15 am)
- \_\_\_ Monday, Jan 15 – QiGong Plus (8:30-9:15 am)
- \_\_\_ Monday, Jan 15 – Fitness Class (8:45-9:45 am)
- \_\_\_ Monday, Jan 15 – Adult Walking Club (9:30-10:30 am)
- \_\_\_ Monday, Jan 15 – Prenatal Yoga (6:00-7:00 pm)
- \_\_\_ Tuesday, Jan 16 – HIIT (5:00-5:30 am)
- \_\_\_ Tuesday, Jan 16 – 10 Weeks to a Healthier YOU (6-7 am)
- \_\_\_ Tuesday, Jan 16 – Hatha Yoga (6:00-7:00 pm)
- \_\_\_ Wednesday, Jan 17 – HIIT (5:00-5:30 am)
- \_\_\_ Wednesday, Jan 17 – QiGong Plus (8:30-9:15 am)
- \_\_\_ Wednesday, Jan 17 – Fitness Class (8:45-9:45 am)
- \_\_\_ Wednesday, Jan 17 – Adult Walking Club (9:30-10:30 am)
- \_\_\_ Wednesday, Jan 17 – Pickleball (6:00-8:00 pm)
- \_\_\_ Wednesday, Jan 17 – QiGong Plus (6:30-7:15 pm)
- \_\_\_ Wednesday, Jan 17 – Meditation (7:30-8:15 pm)
- \_\_\_ Thursday, Jan 18 – 10 Weeks to a Healthier YOU (6-7 am)
- \_\_\_ Thursday, Jan 18 – Mixed Level Yoga (3:30-4:30 pm)
- \_\_\_ Friday, Jan 19 – HIIT (5:00-5:30 am)
- \_\_\_ Friday, Jan 19 – Fitness Class (8:45-9:45 am)
- \_\_\_ Sunday, Jan 21 – Pickleball (6:00-8:00 pm)

# Big Foot Rec Wellness Club

Name: \_\_\_\_\_

Week 1: **January 8-14**  
*Eating Healthy to Start the New Year*  
*Blood Pressure, BMI & Heart Age Screenings on Jan 11 (FREE)*



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 8 – Optional Weigh In (5:00 am-8:00 pm)
- \_\_\_ Monday, Jan 8 – HIIT (5:00-5:30 am)
- \_\_\_ Monday, Jan 8 – Meditation (7:45-8:15 am)
- \_\_\_ Monday, Jan 8 – QiGong Plus (8:30-9:15 am)
- \_\_\_ Monday, Jan 8 – Fitness Class (8:45-9:45 am)
- \_\_\_ Monday, Jan 8 – Adult Walking Club (9:30-10:30 am)
- \_\_\_ Monday, Jan 8 – Beginner's Guide to Gym (5:30-6:30 pm)
- \_\_\_ Monday, Jan 8 – Prenatal Yoga (6:00-7:00 pm)
- \_\_\_ Tuesday, Jan 9 – HIIT (5:00-5:30 am)
- \_\_\_ Tuesday, Jan 9 – 10 Weeks to a Healthier YOU (6-7 am)
- \_\_\_ Tuesday, Jan 9 – Hatha Yoga (6:00-7:00 pm)
- \_\_\_ Wednesday, Jan 10 – HIIT (5:00-5:30 am)
- \_\_\_ Wednesday, Jan 10 – QiGong Plus (8:30-9:15 am)
- \_\_\_ Wednesday, Jan 10 – Fitness Class (8:45-9:45 am)
- \_\_\_ Wednesday, Jan 10 – Adult Walking Club (9:30-10:30 am)
- \_\_\_ Wednesday, Jan 10 – Pickleball (6:00-8:00 pm)
- \_\_\_ Wednesday, Jan 10 – QiGong Plus (6:30-7:15 pm)
- \_\_\_ Wednesday, Jan 10 – Meditation (7:30-8:15 pm)
- \_\_\_ Thursday, Jan 11 – 10 Weeks to a Healthier YOU (6-7 am)
- \_\_\_ Thursday, Jan 11 – Mixed Level Yoga (3:30-4:30 pm)
- \_\_\_ Thursday, Jan 11 – Aurora Health Screenings (5:00 pm)
- \_\_\_ Friday, Jan 12 – HIIT (5:00-5:30 am)
- \_\_\_ Friday, Jan 12 – Fitness Class (8:45-9:45 am)
- \_\_\_ Sunday, Jan 14 – Snowshoe: Duck Pond (1:00-3:00 pm)
- \_\_\_ Sunday, Jan 14 – Pickleball (6:00-8:00 pm)

# Big Foot Rec Wellness Club

Name: \_\_\_\_\_

Week 4: **Jan 29-Feb 4**  
*Strength Training*



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

- \_\_\_ Monday, Jan 29 – Optional Weigh In (5:00 am-8:00 pm)
- \_\_\_ Monday, Jan 29 –HIIT (5:00-5:30 am)
- \_\_\_ Monday, Jan 29 – Meditation (7:45-8:15 am)
- \_\_\_ Monday, Jan 29 – QiGong Plus (8:30-9:15 am)
- \_\_\_ Monday, Jan 29 – Fitness Class (8:45-9:45 am)
- \_\_\_ Monday, Jan 29 – Adult Walking Club (9:30-10:30 am)
- \_\_\_ Monday, Jan 29 – Prenatal Yoga (6:00-7:00 pm)
- \_\_\_ Tuesday, Jan 30 – HIIT (5:00-5:30 am)
- \_\_\_ Tuesday, Jan 30 – 10 Weeks to a Healthier YOU (6-7 am)
- \_\_\_ Tuesday, Jan 30 – Hatha Yoga (6:00-7:00 pm)
- \_\_\_ Wednesday, Jan 31 – HIIT (5:00-5:30 am)
- \_\_\_ Wednesday, Jan 31 – QiGong Plus (8:30-9:15 am)
- \_\_\_ Wednesday, Jan 31 – Fitness Class (8:45-9:45 am)
- \_\_\_ Wednesday, Jan 31 – Adult Walking Club (9:30-10:30 am)
- \_\_\_ Wednesday, Jan 31 – Pickleball (6:00-8:00 pm)
- \_\_\_ Wednesday, Jan 31 – Learn to Line Dance (6:00-7:00 pm)
- \_\_\_ Wednesday, Jan 31 – QiGong Plus (6:30-7:15 pm)
- \_\_\_ Wednesday, Jan 31 – Meditation (7:30-8:15 pm)
- \_\_\_ Thursday, Feb 1 – 10 Weeks to a Healthier YOU (6-7 am)
- \_\_\_ Thursday, Feb 1 – Mixed Level Yoga (3:30-4:30 pm)
- \_\_\_ Thursday, Feb 1 – Candlelight Yoga (7:00-8:30 pm)
- \_\_\_ Friday, Feb 2 – HIIT (5:00-5:30 am)
- \_\_\_ Friday, Feb 2 – Fitness Class (8:45-9:45 am)
- \_\_\_ Sunday, Feb 4 – Pickleball (6:00-8:00 pm)

# Big Foot Rec Wellness Club

Name: \_\_\_\_\_

Week 3: **January 22-28**  
*The Benefits of Walking*



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

- \_\_\_ Monday, Jan 22 – Optional Weigh In (5:00 am-8:00 pm)
- \_\_\_ Monday, Jan 22 –HIIT (5:00-5:30 am)
- \_\_\_ Monday, Jan 22 – Meditation (7:45-8:15 am)
- \_\_\_ Monday, Jan 22 – QiGong Plus (8:30-9:15 am)
- \_\_\_ Monday, Jan 22 – Fitness Class (8:45-9:45 am)
- \_\_\_ Monday, Jan 22 – Adult Walking Club (9:30-10:30 am)
- \_\_\_ Monday, Jan 22 – Prenatal Yoga (6:00-7:00 pm)
- \_\_\_ Tuesday, Jan 23 – HIIT (5:00-5:30 am)
- \_\_\_ Tuesday, Jan 23 – 10 Weeks to a Healthier YOU (6-7 am)
- \_\_\_ Tuesday, Jan 23 – Hatha Yoga (6:00-7:00 pm)
- \_\_\_ Wednesday, Jan 24 – HIIT (5:00-5:30 am)
- \_\_\_ Wednesday, Jan 24 – QiGong Plus (8:30-9:15 am)
- \_\_\_ Wednesday, Jan 24 – Fitness Class (8:45-9:45 am)
- \_\_\_ Wednesday, Jan 24 – Adult Walking Club (9:30-10:30 am)
- \_\_\_ Wednesday, Jan 24 – Pickleball (6:00-8:00 pm)
- \_\_\_ Wednesday, Jan 24 – QiGong Plus (6:30-7:15 pm)
- \_\_\_ Wednesday, Jan 24 – Meditation (7:30-8:15 pm)
- \_\_\_ Thursday, Jan 25 – 10 Weeks to a Healthier YOU (6-7 am)
- \_\_\_ Thursday, Jan 25 – Mixed Level Yoga (3:30-4:30 pm)
- \_\_\_ Friday, Jan 26 – HIIT (5:00-5:30 am)
- \_\_\_ Friday, Jan 26 – Fitness Class (8:45-9:45 am)
- \_\_\_ Saturday, Jan 27 – Snowshoe & Bonfire: WB (6:00-8:00 pm)
- \_\_\_ Sunday, Jan 28 – Pickleball (6:00-8:00 pm)