

Big Foot Rec Wellness Club

Name: _____

Week 6: **Feb 12-18**
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 12 – Optional Weigh In (5:00 am-8:00 pm)
- ___ Monday, Feb 12 –HIIT (5:00-5:30 am)
- ___ Monday, Feb 12 – Meditation (7:45-8:15 am)
- ___ Monday, Feb 12 – QiGong Plus (8:30-9:15 am)
- ___ Monday, Feb 12 – Fitness Class (8:45-9:45 am)
- ___ Monday, Feb 12 – Adult Walking Club (9:30-10:30 am)
- ___ Tuesday, Feb 13 – HIIT (5:00-5:30 am)
- ___ Tuesday, Feb 13 – 10 Weeks to a Healthier YOU (6-7 am)
- ___ Tuesday, Feb 13 – Hatha Yoga (6:00-7:00 pm)
- ___ Wednesday, Feb 14 – HIIT (5:00-5:30 am)
- ___ Wednesday, Feb 14 – QiGong Plus (8:30-9:15 am)
- ___ Wednesday, Feb 14 – Fitness Class (8:45-9:45 am)
- ___ Wednesday, Feb 14 – Adult Walking Club (9:30-10:30 am)
- ___ Wednesday, Feb 14 – Pickleball (6:00-8:00 pm)
- ___ Wednesday, Feb 14 – Learn to Line Dance (6:00-7:00 pm)
- ___ Wednesday, Feb 14 – QiGong Plus (6:30-7:15 pm)
- ___ Wednesday, Feb 14 – Meditation (7:30-8:15 pm)
- ___ Thursday, Feb 15 – 10 Weeks to a Healthier YOU (6-7 am)
- ___ Thursday, Feb 15 – Mixed Level Yoga (3:30-4:30 pm)
- ___ Friday, Feb 16 – HIIT (5:00-5:30 am)
- ___ Friday, Feb 16 – Fitness Class (8:45-9:45 am)
- ___ Sunday, Feb 18 – Pickleball (6:00-8:00 pm)

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Week 5: **Feb 5-11**
The Importance of Sleep



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- ___ Monday, Feb 5 – Optional Weigh In (5:00 am-8:00 pm)
- ___ Monday, Feb 5 –HIIT (5:00-5:30 am)
- ___ Monday, Feb 5 – Meditation (7:45-8:15 am)
- ___ Monday, Feb 5 – QiGong Plus (8:30-9:15 am)
- ___ Monday, Feb 5 – Fitness Class (8:45-9:45 am)
- ___ Monday, Feb 5 – Adult Walking Club (9:30-10:30 am)
- ___ Monday, Feb 5 – Beginner’s Guide to Gym (5:30-6:30 pm)
- ___ Tuesday, Feb 6 – HIIT (5:00-5:30 am)
- ___ Tuesday, Feb 6 – 10 Weeks to a Healthier YOU (6-7 am)
- ___ Tuesday, Feb 6 – Hatha Yoga (6:00-7:00 pm)
- ___ Wednesday, Feb 7 – HIIT (5:00-5:30 am)
- ___ Wednesday, Feb 7 – QiGong Plus (8:30-9:15 am)
- ___ Wednesday, Feb 7 – Fitness Class (8:45-9:45 am)
- ___ Wednesday, Feb 7 – Adult Walking Club (9:30-10:30 am)
- ___ Wednesday, Feb 7 – Pickleball (6:00-8:00 pm)
- ___ Wednesday, Feb 7 – Learn to Line Dance (6:00-7:00 pm)
- ___ Wednesday, Feb 7 – QiGong Plus (6:30-7:15 pm)
- ___ Wednesday, Feb 7 – Meditation (7:30-8:15 pm)
- ___ Thursday, Feb 8 – 10 Weeks to a Healthier YOU (6-7 am)
- ___ Thursday, Feb 8 – Mixed Level Yoga (3:30-4:30 pm)
- ___ Friday, Feb 9 – HIIT (5:00-5:30 am)
- ___ Friday, Feb 9 – Fitness Class (8:45-9:45 am)
- ___ Sunday, Feb 11 – Snowshoe: BF State Park (1:00-3:00 pm)
- ___ Sunday, Feb 11 – Pickleball (6:00-8:00 pm)

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Week 8: **Feb 26-Mar 4**
*Analyzing Your Results
Blood Pressure, BMI & Heart Age
Screenings on Mar 1 (FREE)*



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- ___ Monday, Feb 26 – Optional Weigh In (5:00 am-8:00 pm)
- ___ Monday, Feb 26 –HIIT (5:00-5:30 am)
- ___ Monday, Feb 26 – Meditation (7:45-8:15 am)
- ___ Monday, Feb 26 – QiGong Plus (8:30-9:15 am)
- ___ Monday, Feb 26 – Fitness Class (8:45-9:45 am)
- ___ Tuesday, Feb 27 – HIIT (5:00-5:30 am)
- ___ Tuesday, Feb 27 – 10 Weeks to a Healthier YOU (6-7 am)
- ___ Tuesday, Feb 27 – Hatha Yoga (6:00-7:00 pm)
- ___ Wednesday, Feb 28 – HIIT (5:00-5:30 am)
- ___ Wednesday, Feb 28 – QiGong Plus (8:30-9:15 am)
- ___ Wednesday, Feb 28 – Fitness Class (8:45-9:45 am)
- ___ Wednesday, Feb 28 – Pickleball (6:00-8:00 pm)
- ___ Wednesday, Feb 28 – QiGong Plus (6:30-7:15 pm)
- ___ Wednesday, Feb 28 – Meditation (7:30-8:15 pm)
- ___ Thursday, Mar 1 – Sign up 100 Mile Challenge (Mar 1-May 31)
- ___ Thursday, Mar 1 – 10 Weeks to a Healthier YOU (6-7 am)
- ___ Thursday, Mar 1 – Mixed Level Yoga (3:30-4:30 pm)
- ___ Thursday, Mar 1 – Aurora Health Screenings (5:00 pm)
- ___ Thursday, Mar 1 – Candlelight Yoga (7:00-8:30 pm)
- ___ Friday, Mar 2 – HIIT (5:00-5:30 am)
- ___ Friday, Mar 2 – Fitness Class (8:45-9:45 am)
- ___ Sunday, Mar 4 – Pickleball (6:00-8:00 pm)

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Week 7: **Feb 19-25**
Stress Reduction



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- ___ Monday, Feb 19 – Optional Weigh In (5:00 am-8:00 pm)
- ___ Monday, Feb 19 –HIIT (5:00-5:30 am)
- ___ Monday, Feb 19 – Meditation (7:45-8:15 am)
- ___ Monday, Feb 19 – QiGong Plus (8:30-9:15 am)
- ___ Monday, Feb 19 – Fitness Class (8:45-9:45 am)
- ___ Tuesday, Feb 20 – HIIT (5:00-5:30 am)
- ___ Tuesday, Feb 20 – 10 Weeks to a Healthier YOU (6-7 am)
- ___ Tuesday, Feb 20 – Hatha Yoga (6:00-7:00 pm)
- ___ Wednesday, Feb 21 – HIIT (5:00-5:30 am)
- ___ Wednesday, Feb 21 – QiGong Plus (8:30-9:15 am)
- ___ Wednesday, Feb 21 – Fitness Class (8:45-9:45 am)
- ___ Wednesday, Feb 21 – Pickleball (6:00-8:00 pm)
- ___ Wednesday, Feb 21 – Learn to Line Dance (6:00-7:00 pm)
- ___ Wednesday, Feb 21 – QiGong Plus (6:30-7:15 pm)
- ___ Wednesday, Feb 21 – Meditation (7:30-8:15 pm)
- ___ Thursday, Feb 22 – 10 Weeks to a Healthier YOU (6-7 am)
- ___ Thursday, Feb 22 – Mixed Level Yoga (3:30-4:30 pm)
- ___ Friday, Feb 23 – HIIT (5:00-5:30 am)
- ___ Friday, Feb 23 – Fitness Class (8:45-9:45 am)
- ___ Sunday, Feb 25 – Snowshoe: White River (1:00-3:00 pm)
- ___ Sunday, Feb 25 – Pickleball (6:00-8:00 pm)