

- \_\_\_ Monday, Jan 3 – Optional Weigh In (5:00 am-8:00 pm)
- \_\_\_ Monday, Jan 3 – Fitness Class (8:45-9:45 am)
- \_\_\_ Monday, Jan 3 – Jazzercise (9:30-10:30 am)
- \_\_\_ Tuesday, Jan 4 – Pickup Basketball (5:00-6:00 am)
- \_\_\_ Tuesday, Jan 4 – Fit Happens (6:00-6:45 am)
- \_\_\_ Tuesday, Jan 4 – Senior Seals (7:00-7:45 am)
- \_\_\_ Tuesday, Jan 4 – Jazzercise (5:00-6:00 pm)
- \_\_\_ Wednesday, Jan 5 – Fit Happens (7:00-7:45 am)
- \_\_\_ Wednesday, Jan 5 – Fitness Class (8:45-9:45 am)
- \_\_\_ Wednesday, Jan 5 – Jazzercise (9:30-10:30 am)
- \_\_\_ Wednesday, Jan 5 – Pickleball (6:00-8:00 pm)
- \_\_\_ Wednesday, Jan 5 – Pilates (6:30-7:15 pm)
- \_\_\_ Thursday, Jan 6 – Pickup Basketball (5:00-6:00 am)
- \_\_\_ Friday, Jan 7 – Senior Seals (7:00-7:45 am)
- \_\_\_ Friday, Jan 7 – Fitness Class (8:45-9:45 am)
- \_\_\_ Friday, Jan 7 – Jazzercise (9:30-10:30 am)
- \_\_\_ Saturday, Jan 8 – Fit Happens (7:00-8:00 am)
- \_\_\_ Saturday, Jan 8 – Pilates (8:45-9:15 am)
- \_\_\_ Sunday, Jan 9 – Jazzercise (9:30-10:30 am)
- \_\_\_ Sunday, Jan 9 – Pickleball (6:00-8:00 pm)
  
- \_\_\_ Tag “Big Foot Rec” in an Instagram or Facebook post.

## Big Foot Rec Wellness Club

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

Week 1: **January 3-9**  
*Eating Healthy*



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  
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- \_\_\_ Monday, Jan 10 – Optional Weigh In (5:00 am-8:00 pm)
- \_\_\_ Monday, Jan 10 – Fitness Class (8:45-9:45 am)
- \_\_\_ Monday, Jan 10 – Jazzercise (9:30-10:30 am)
- \_\_\_ Tuesday, Jan 11 – Pickup Basketball (5:00-6:00 am)
- \_\_\_ Tuesday, Jan 11 – Fit Happens (6:00-6:45 am)
- \_\_\_ Tuesday, Jan 11 – Senior Seals (7:00-7:45 am)
- \_\_\_ Tuesday, Jan 11 – Beginners Guide to Gym (4:00-5:00 pm)
- \_\_\_ Tuesday, Jan 11 – Jazzercise (5:00-6:00 pm)
- \_\_\_ Wednesday, Jan 12 – Fit Happens (7:00-7:45 am)
- \_\_\_ Wednesday, Jan 12 – Fitness Class (8:45-9:45 am)
- \_\_\_ Wednesday, Jan 12 – Jazzercise (9:30-10:30 am)
- \_\_\_ Wednesday, Jan 12 – Pickleball (6:00-8:00 pm)
- \_\_\_ Wednesday, Jan 12 – Pilates (6:30-7:15 pm)
- \_\_\_ Thursday, Jan 13 – Pickup Basketball (5:00-6:00 am)
- \_\_\_ Thursday, Jan 13 – Wellness Screening (5:00-6:00 pm)
- \_\_\_ Friday, Jan 14 - Senior Seals (7:00-7:45 am)
- \_\_\_ Friday, Jan 14 - Power Flow Yoga (8:30-9:15 am)
- \_\_\_ Friday, Jan 14 – Fitness Class (8:45-9:45 am)
- \_\_\_ Friday, Jan 14 – Jazzercise (9:30-10:30 am)
- \_\_\_ Saturday, Jan 15 – Fit Happens (7:00-8:00 am)
- \_\_\_ Saturday, Jan 15 – Pilates (8:45-9:15 am)
- \_\_\_ Saturday, Jan 15 – Jazzercise (9:30-10:30 am)
- \_\_\_ Sunday, Jan 16 – Jazzercise (9:30-10:30 am)
- \_\_\_ Sunday, Jan 16 – Adventure Club (10:00 am -12:00 pm)
- \_\_\_ Sunday, Jan 16 – Pickleball (6:00-8:00 pm)

## Big Foot Rec Wellness Club

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

Week 2: **January 10-16**  
*Aerobic Exercise*



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

**Fitness Center  
&  
Personal Training**  
M T W T F S S  
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- \_\_\_ Monday, Jan 17 – Optional Weigh In (5:00 am-8:00 pm)
- \_\_\_ Monday, Jan 17 – Fitness Class (8:45-9:45 am)
- \_\_\_ Monday, Jan 17 – Jazzercise (9:30-10:30 am)
- \_\_\_ Monday, Jan 17 – Senior/Chair Yoga (11:00-11:30 am)
- \_\_\_ Tuesday, Jan 18 – Pickup Basketball (5:00-6:00 am)
- \_\_\_ Tuesday, Jan 18 – Fit Happens (6:00-6:45 am)
- \_\_\_ Tuesday, Jan 18 – Senior Seals (7:00-7:45 am)
- \_\_\_ Tuesday, Jan 18 – Jazzercise (5:00-6:00 pm)
- \_\_\_ Wednesday, Jan 19 – Fit Happens (7:00-7:45 am)
- \_\_\_ Wednesday, Jan 19 – Fitness Class (8:45-9:45 am)
- \_\_\_ Wednesday, Jan 19 – Jazzercise (9:30-10:30 am)
- \_\_\_ Wednesday, Jan 19 – Pickleball (6:00-8:00 pm)
- \_\_\_ Wednesday, Jan 19 – Pilates (6:30-7:15 pm)
- \_\_\_ Thursday, Jan 20 – Pickup Basketball (5:00-6:00 am)
- \_\_\_ Friday, Jan 21 - Senior Seals (7:00-7:45 am)
- \_\_\_ Friday, Jan 21 - Power Flow Yoga (8:30-9:15 am)
- \_\_\_ Friday, Jan 21 – Fitness Class (8:45-9:45 am)
- \_\_\_ Friday, Jan 21 – Jazzercise (9:30-10:30 am)
- \_\_\_ Saturday, Jan 22 – Fit Happens (7:00-8:00 am)
- \_\_\_ Saturday, Jan 22 – Pilates (8:45-9:15 am)
- \_\_\_ Saturday, Jan 22 – Jazzercise (9:30-10:30 am)
- \_\_\_ Sunday, Jan 23 – Jazzercise (9:30-10:30 am)
- \_\_\_ Sunday, Jan 23 – Pickleball (6:00-8:00 pm)

## Big Foot Rec Wellness Club

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

Week 3: **January 17-23**  
*Why Fitness Matters*



Please turn in  
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Rec Office or  
Fitness Center  
drop-box

**Fitness Center  
&  
Personal Training**  
M T W T F S S  
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- \_\_\_ Monday, Jan 24 – Optional Weigh In (5:00 am-8:00 pm)
- \_\_\_ Monday, Jan 24 – Fitness Class (8:45-9:45 am)
- \_\_\_ Monday, Jan 24 – Jazzercise (9:30-10:30 am)
- \_\_\_ Monday, Jan 24 – Senior/Chair Yoga (11:00-11:30 am)
- \_\_\_ Tuesday, Jan 25 – Pickup Basketball (5:00-6:00 am)
- \_\_\_ Tuesday, Jan 25 – Fit Happens (6:00-6:45 am)
- \_\_\_ Tuesday, Jan 25 – Senior Seals (7:00-7:45 am)
- \_\_\_ Tuesday, Jan 25 – Jazzercise (5:00-6:00 pm)
- \_\_\_ Wednesday, Jan 26 – Fit Happens (7:00-7:45 am)
- \_\_\_ Wednesday, Jan 26 – Fitness Class (8:45-9:45 am)
- \_\_\_ Wednesday, Jan 26 – Jazzercise (9:30-10:30 am)
- \_\_\_ Wednesday, Jan 26 – Pickleball (6:00-8:00 pm)
- \_\_\_ Wednesday, Jan 26 – Pilates (6:30-7:15 pm)
- \_\_\_ Thursday, Jan 27 – Pickup Basketball (5:00-6:00 am)
- \_\_\_ Friday, Jan 28 - Senior Seals (7:00-7:45 am)
- \_\_\_ Friday, Jan 28 - Power Flow Yoga (8:30-9:15 am)
- \_\_\_ Friday, Jan 28 – Fitness Class (8:45-9:45 am)
- \_\_\_ Friday, Jan 28 – Jazzercise (9:30-10:30 am)
- \_\_\_ Saturday, Jan 29 – Fit Happens (7:00-8:00 am)
- \_\_\_ Saturday, Jan 29 – Pilates (8:45-9:15 am)
- \_\_\_ Saturday, Jan 29 – Jazzercise (9:30-10:30 am)
- \_\_\_ Sunday, Jan 30 – Jazzercise (9:30-10:30 am)
- \_\_\_ Sunday, Jan 30 – Pickleball (6:00-8:00 pm)

## Big Foot Rec Wellness Club

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

Week 4: **January 24-30**  
*Healthy Snacking*



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  
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