Tuesday, Jan 2 – Optional Weigh In (5:00 am-8:00 pm) Tuesday, Jan 2 – Pickup Basketball (5:00-6:00 am) Tuesday, Jan 2 – Senior Seals (7:00-7:45 am) Wednesday, Jan 3 – Beginner's Guide (3:00-4:00 pm) Wednesday, Jan 3 – Pickleball (6:00-8:00 pm) Wednesday, Jan 3 – Pilates (6:30-7:15 pm) Thursday, Jan 4 – Pickup Basketball (5:00-6:00 am) Thursday, Jan 4 – Vinyasa Flow Yoga (6:30-7:30 pm) Friday, Jan 5 – Senior Seals (7:00-7:45 am) Saturday, Jan 6 – Fit Happens (7:00-8:00 am) Saturday, Jan 6 - Vinyasa Flow Yoga (8:30-9:30 am) Sunday, Jan 7 – Pickleball (6:00-8:00 pm) Sunday, Jan 7 – Futsal Pickup Games (6:00-8:00 pm)

FREE Wellness Club T-Shirt!



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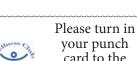


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Big Foot Rec Wellness Club

Name: Week 1: January 2-7 *Eating Healthy*



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

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

Big Foot Rec Wellness Club

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Big Foot Rec Wellness Club

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Fitness Center & **Personal Training** MTWTFSS

Big Foot Rec Wellness Club

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