

Week 5

- ___ Monday, Feb 2 – Optional Weigh In (5:00 am-8:00 pm)
- ___ Monday, Feb 2 – Wake Up & Thrive (8:00-9:00 am)
- ___ Monday, Feb 2 – Chair Yoga (11:00-11:45 am)
- ___ Tuesday, Feb 3 – Fit Happens (6:00-6:45 am)
- ___ Tuesday, Feb 3 – Senior SEALS(7:00-9:15 am)
- ___ Tuesday, Feb 3 – Walking Club (8:30-9:30 am)
- ___ Wednesday, Feb 4 – New Heights Wellness (7:30-8:30 am)
- ___ Wednesday, Feb 4 – Stoller Walks/Talks (4:45-5:30 pm)
- ___ Wednesday, Feb 4 – Pickleball (6:00-8:00 pm)
- ___ Friday, Feb 6 – Senior SEALS(7:00-9:15 am)
- ___ Friday, Feb 6 – Chair Yoga (11:00-11:45 am)
- ___ Saturday, Feb 7 – Fit Happens (7:00-8:00 am)
- ___ Sunday, Feb 8 – Pickleball (6:00-8:00 pm)
- ___ Sunday, Feb 8 – Futsal Pickup Games (7:30-9:00 pm)

Big Foot Rec Wellness Club

Name: _____

Week 5: Feb 2-8
Aerobic Exercise



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

Fitness Center Punches

M	T	W	T	F	S	S
M	T	W	T	F	S	S

Week 7

- ___ Monday, Feb 16 – Optional Weigh In (5:00 am-8:00 pm)
- ___ Monday, Feb 16 – Wake Up & Thrive (8:00-9:00 am)
- ___ Monday, Feb 16 – Chair Yoga (11:00-11:45 am)
- ___ Tuesday, Feb 17 – Fit Happens (6:00-6:45 am)
- ___ Tuesday, Feb 17 – Senior SEALS (7:00-9:15 am)
- ___ Tuesday, Feb 17 – Walking Club (8:30-9:30 am)
- ___ Wednesday, Feb 18 – New Height Wellness (7:30-8:30 am)
- ___ Wednesday, Feb 18 – Pickleball (6:00-8:00 pm)
- ___ Wednesday, Feb 18 – Pilates (6:30-7:15 pm)
- ___ Friday, Feb 20 – Senior SEALS(7:00-9:15 am)
- ___ Friday, Feb 20 – Chair Yoga (11:00-11:45 am)
- ___ Saturday, Feb 21 – Fit Happens (7:00-8:00 am)
- ___ Sunday, Feb 22 – Pickleball (6:00-8:00 pm)
- ___ Sunday, Feb 22 – Futsal Pickup Games (7:30-9:00 pm)

Big Foot Rec Wellness Club

Name: _____

Week 7: Feb 16-22
Healthy Snacking



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

Fitness Center Punches

M	T	W	T	F	S	S
M	T	W	T	F	S	S



Week 6

- ___ Monday, Feb 9 – Optional Weigh In (5:00 am-8:00 pm)
- ___ Monday, Feb 9 – Wake Up & Thrive (8:00-9:00 am)
- ___ Monday, Feb 9 – Chair Yoga (11:00-11:45 am)
- ___ Monday, Feb 9 – Beginner's Guide to Gym (3:00-4:00 pm)
- ___ Tuesday, Feb 10 – Fit Happens (6:00-6:45 am)
- ___ Tuesday, Feb 10 – Senior SEALS (7:00-9:15 am)
- ___ Tuesday, Feb 10 – Walking Club (8:30-9:30 am)
- ___ Wednesday, Feb 11 – New Heights Wellness (7:30-8:30 am)
- ___ Wednesday, Feb 11 – Pickleball (6:00-8:00 pm)
- ___ Wednesday, Feb 11 – Pilates (6:30-7:15 pm)
- ___ Friday, Feb 13 – Senior SEALS(7:00-9:15 am)
- ___ Friday, Feb 13 – Chair Yoga (11:00-11:45 am)
- ___ Saturday, Feb 14 – Fit Happens (7:00-8:00 am)
- ___ Sunday, Feb 15 – Pickleball (6:00-8:00 pm)
- ___ Sunday, Feb 15 – Futsal Pickup Games (7:30-9:00 pm)

Big Foot Rec Wellness Club

Name: _____

Week 6: Feb 9-15
Prevent Falls



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

Fitness Center Punches

M	T	W	T	F	S	S
M	T	W	T	F	S	S



Week 8

- ___ Monday, Feb 23 – Optional Weigh In (5:00 am-8:00 pm)
- ___ Monday, Feb 23 – Wake Up & Thrive (8:00-9:00 am)
- ___ Monday, Feb 23 – Chair Yoga (11:00-11:45 am)
- ___ Tuesday, Feb 24 – Fit Happens (6:00-6:45 am)
- ___ Tuesday, Feb 24 – Senior SEALS (7:00-9:15 am)
- ___ Tuesday, Feb 24 – Walking Club (8:30-9:30 am)
- ___ Wednesday, Feb 25 – New Height Wellness (7:30-8:30 am)
- ___ Wednesday, Feb 25 – Pickleball (6:00-8:00 pm)
- ___ Wednesday, Feb 25 – Pilates (6:30-7:15 pm)
- ___ Friday, Feb 27 – Senior SEALS(7:00-9:15 am)
- ___ Friday, Feb 27 – Chair Yoga (11:00-11:45 am)
- ___ Saturday, Feb 28 – Fit Happens (7:00-8:00 am)
- ___ Saturday, Feb 28 – Women's Rejuvenating Retreat 3 Punches!!!(8:30-4:30 am)
- ___ Sunday, March 1 – Pickleball (6:00-8:00 pm)
- ___ Sunday, March 1 – Futsal Pickup Games (7:30-9:00 pm)

Big Foot Rec Wellness Club

Name: _____

Week 8: Feb 23-March 1
Chronic Pain



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

Fitness Center Punches

M	T	W	T	F	S	S
M	T	W	T	F	S	S

