

January 2018 Mayor's Health & Fitness Challenge

Sun	Mon	Tue	Wed	Thu	Fri	Sat
14	15	16	17	18	19	20 Kick-off! 7-11 am Skating 4:30-6:30 pm
21 Bowling 3-5pm	22 Yoga 9:15 am Personal Training 12 noon 1pm 1:30 pm Skyactiv Studio 2-6 pm REFIT 6:45 pm	23 Personal Training 1pm 1:15 pm 5pm Yoga 5:15 pm Square dancing 6 pm	24 Tai Chi 12 noon Personal Training 1pm 5 pm Zumba Basics/Intense 5:30/6 pm Tai Chi 6:15 pm	25 Learn-day What is Health? 10:30 am Personal Training 11:30 am 12 noon 12:30 pm 1:45 pm 5 pm	26 Personal Training 1 pm	27 Master Swim 8 am Walk with the Mayor, 10am, Casements Skating 4:30-6:30 pm Introduction to Yoga 2-4pm

NOTE: Challengers who were unable to attend the Kick-off may pick-up the **Welcome Packet** & record their initial weight between 8 am – 4 pm on January 22 -26 in Room 101 of City Hall, 22 S Beach Street.

Late registration will remain open from January 22-26; go to Room 101 of City Hall, 22 S Beach Street.

www.OrmondBeach.org/MayorsFitness

www.Facebook.com/MayorsFitness

(386) 676-3323, Christina

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28 Bowling 3-5 pm	29 Yoga 9:15 am Personal Training 12 noon 1 pm 1:30 pm REFIT 6:45 pm	30 Personal Training 1pm 1:15pm 5pm Yoga, 5:15 pm Square dancing 6 pm Healthy Living Talk 6pm	31 Tai Chi 12 noon Personal Training 1 pm 5 pm Zumba Basics/Intense 5:30/6 pm Tai Chi 6:15 pm	Notes: Be sure to check out the DISCOUNTS on wearable devices like the Fitbit and Garmin at the Wellness Outlet. www.theWellnessOutlet.com , Create Account, group code ORMOND16TWO. Shipping is FREE. Memberships: Florida Hospital - \$10/month Gold's Gym – free YMCA - \$15/month			

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