

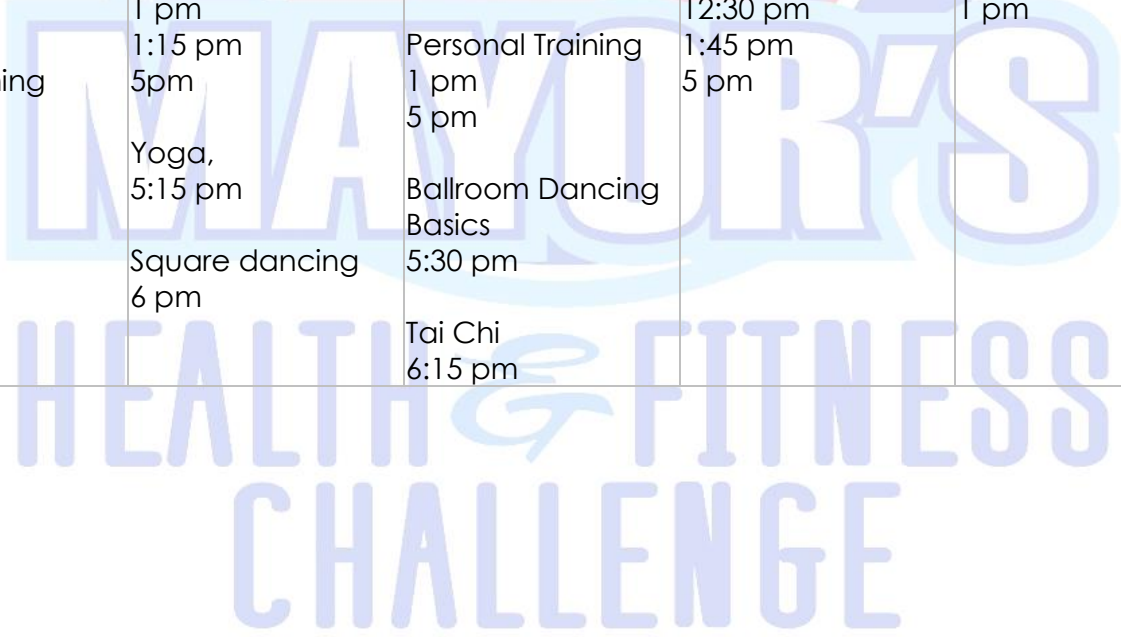
February 2018 Mayor's Health & Fitness Challenge

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Front Porch Pickings – Use OBMC2018 code to get Free membership and \$10 off your first order.</p> <p>Personal Training: 3 half-hours sessions each week</p> <p>www.OrmondBeach.org/MayorsFitness</p> <p>Enjoy YOUR WELLness! Think about what that means to you then take ACTION!</p>						
<p>4 Bowling 3-5 pm</p>	<p>5 Yoga 9:15 am</p> <p>Personal Training 12 noon 1 pm</p> <p>REFIT 6:45 pm</p>	<p>6 Personal Training 1 pm 1:15 pm 5pm</p> <p>Yoga 5:15 pm</p> <p>Square dancing 6 pm</p>	<p>7 Tai Chi 12 noon</p> <p>Personal Training 1 pm 5 pm</p> <p>Kickboxing Basics/ZBox Fitness 5:30/6 pm</p> <p>Tai Chi 6:15 pm</p>	<p>8 Learn-day Halifax Health 10:30 am</p> <p>Personal Training 12:30 pm 1:45 pm 5 pm</p>	<p>9 Personal Training 1 pm</p>	<p>10 Master Swim 8 am</p> <p>Gymnastic Try-Me Day 10 am</p> <p>Skating 4:30-6:30 pm</p>

HEALTH & FITNESS
CHALLENGE

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
11 Bowling 3-5 pm	12 Yoga 9:15 am Personal Training 12 noon 1 pm REFIT 6:45 pm	13 Personal Training 1 pm 1:15 pm 5pm Yoga, 5:15 pm Square dancing 6 pm	14 Tai Chi 12 noon Personal Training 1 pm 5 pm Line Dancing Fitness 5:30 pm Tai Chi 6:15 pm	15 Personal Training 12:30 pm 1:45 pm 5 pm	16 Personal Training 1 pm	17 Master Swim 8 am Walk with the Mayor 10am, EDC Reel In the Fun 8 am Check-in Skating 4:30-6:30 pm
18 Bowling 3-5 pm	19 Yoga 9:15 am Personal Training 12 noon 1 pm 1:30 pm REFIT 6:45 pm	20 Personal Training 1 pm 1:15 pm 5pm Yoga, 5:15 pm Square dancing 6 pm	21 Tai Chi 12 noon Personal Training 1 pm 5 pm Ballroom Dancing Basics 5:30 pm Tai Chi 6:15 pm	22 Personal Training 12:30 pm 1:45 pm 5 pm	23 Personal Training 1 pm	24 Master Swim 8 am Skating 4:30-6:30 pm



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Sun	Mon	Tue	Wed	Thu	Fri	Sat
25 Hike through the Central Parks 12 noon Bowling 3-5 pm	26 Yoga 9:15 am Personal Training 12 noon 1 pm 1:30 pm REFIT 6:45 pm	27 Personal Training 1 pm 1:15 pm 5pm Yoga, 5:15 pm Square dancing 6 pm	28 Tai Chi 12 noon Personal Training 1 pm 5 pm Freestyle Fitness 5:30 pm Tai Chi 6:15 pm			

