

March 2018 Mayor's Health & Fitness Challenge

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>March Happiness Walking Challenge! Be sure to register your wearable device!</p> <p>Do someTHING you've never done before – LIVE the Challenge....</p> <p>www.OrmondBeach.org/MayorsFitness</p> <p>Achieve something e-v-e-r-y day this month!</p>				<p>1 Learn-day Holistic Nutrition & Weight Loss 10:30 am</p> <p>Personal Training 12:30 pm 1:45 pm 5 pm</p>	<p>2 Personal Training 1 pm</p>	<p>3 Master Swim 8 am</p> <p>Skating 4:30-6:30 pm</p>
<p>4 Bowling 3-5pm</p>	<p>5 Yoga 9:15 am</p> <p>Personal Training 12 noon 1 pm 1:30 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>7 Tai Chi 12 noon</p> <p>Personal Training 1 pm 5 pm</p> <p>Tai Chi 6:15 pm</p>	<p>8 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>Walk with the Mayor 10am, Casements</p> <p>Gymnastic Try-Me Day 10 am</p> <p>Skating 4:30-6:30 pm</p>

MAYOR'S
HEALTH & FITNESS
CHALLENGE

March 2018 Mayor's Health & Fitness Challenge

Sun	Mon	Tue	Wed	Thu	Fri	Sat
11 Bowling 3-5pm	12 Yoga 9:15 am Personal Training 12 noon 1 pm 1:30 pm REFIT 6:45 pm	13 Personal Training 1 pm 1:15 pm 5pm Yoga, 5:15 pm	14 Tai Chi 12 noon Personal Training 1 pm 5 pm Tai Chi 6:15 pm	15 Learn-day Hiking & Backpacking 10:30 am Personal Training 12:30 pm 1:45 pm 5 pm RSVP Fishing	16 Personal Training 1 pm	17 Master Swim 8 am How to Fish the Tomoka 10:30 am Skating 4:30-6:30 pm
18 Bowling 3-5pm	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	21 Tai Chi 12 noon Personal Training 1 pm 5 pm Tai Chi 6:15 pm	22 Personal Training 12:30 pm 1:45 pm 5 pm RSVP Kayak Tour	23 Personal Training 1 pm	24 Master Swim 8 am Guided Kayak Tour of the Tomoka, 10 am Skating 4:30-6:30 pm
25 Bowling 3-5pm	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	28 Tai Chi 12 noon Personal Training 1 pm 5 pm Tai Chi 6:15 pm	29 Personal Training 12:30 pm 1:45 pm 5 pm	30 Personal Training 1 pm	31 Master Swim 8 am Skating 4:30-6:30 pm