

Fitness Challenge Calendar

& Daily Healthy Habit Challenges

February/March
2024

HEALTHY HABIT CHALLENGES ARE OPTIONAL!

For more information and educational tips, check out our website: scranton.edu/CHEW and follow our Instagram [@uofschew](https://www.instagram.com/uofschew)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11 Make fitness goals: one for this week and one for this month. Write them down!	12 WEEK 1 START Mindfulness Meditation 5:00-5:30pm WML 305 Make an exercise plan for the week.	13 Taylor Swift Ride 5:00- 5:45 PM Spin Room Cardio Kick Boxing 6:00-6:35 PM Royals Room Tell at least one other person your goal for the Fitness Challenge.	14 Beginners Weightlifting Series: 12:00-12:30 PM Pilarz Fitness Center Lunchtime Yoga Flow 12:15-12:45pm Royals Room Train Your Brain: read a fitness or nutrition article.	15 Energizing Yoga 5:00-5:45pm Royals Room Royal Rhythms with the Dance Team 6:15-7:00 PM Royals Room Thankful Thursday: reflect on three things you're grateful for.	16 Try a new fitness activity (ex. rent equipment in the Byron, meditation, YouTube workout, or new equipment in the gym!)	17 Stretch: Practice dynamic stretches before workouts and static stretches after workouts to improve flexibility and reduce the risk of injury.
18 WEEK 1 END Women's Weightlifting Series: 12:00-1:00PM Athletes Gym Try prepping a few snacks or meals for the busy week ahead.	19 WEEK 2 START Check your email for the week 1 fitness log! Mindfulness Meditation 5:00-5:30pm WML 305 Do a goal check in!	20 Week 1 log due 1pm 80's Ride 12:00-12:45 PM Spin Room Cardio Kick Boxing 6:00-6:35 PM Royals Room Participate in enjoyable cardio-based classes such as spin classes or cardio kickboxing.	21 Beginners Weightlifting Series: 12-12:30 PM Pilarz Fitness Center Lunchtime Yoga Flow 12:15-12:45pm Royals Room Add an extra serving of veggies to your plate this week	22 Energizing Yoga 5:00-5:45pm Royals Room Royal Rhythms with the Dance Team 6:15-7:00 PM Royals Room Thankful Thursday: reflect on a person that you're grateful to have in your life.	23 Glow & Dough Event for Students- 8pm Glow Yoga *Students: come to Glow and Dough for yoga and Jitty Joes cookie dough! Integrate interval training into your routine to boost endurance.	24 Know your health stats. Have your cholesterol, blood pressure and/or weight checked this month

<p style="text-align: right;">25</p> <p>WEEK 2 END</p> <p>Women's Weightlifting Series: 12:00-1:00PM Athletes Gym</p> <p>Update your weekly exercise plan: aim for balance of strength and cardio training.</p>	<p style="text-align: right;">26</p> <p>WEEK 3 START</p> <p>Check your email for the week 2 fitness log!</p> <p>Harry Styles Ride 4:00-4:45 PM Spin Room</p> <p>Mindfulness Meditation 5-5:30pm WML 305</p> <p>Start your day with a set of bodyweight exercises like squats, lunges, and push-ups.</p>	<p style="text-align: right;">27</p> <p>Week 2 log due 1pm</p> <p>Cardio Kick Boxing 6:00-6:35 PM Royals Room</p> <p>Switch it up: Explore different modalities of exercise to keep your routine interesting and target different aspects of fitness.</p>	<p style="text-align: right;">28</p> <p>Beginners Weightlifting Series: 12-12:30 PM Pilarz Fitness Center</p> <p>Lunchtime Yoga Flow 12:15-12:45pm Royals Room</p> <p>Train Your Brain: read a fitness or nutrition article.</p>	<p style="text-align: right;">29</p> <p>Energizing Yoga 5:00-5:45pm Royals Room</p> <p>Royal Rhythms with the Dance Team 6:15-7:00 PM Royals Room</p> <p>Thankful Thursday: reflect on a memory that makes you smile.</p>	<p style="text-align: right;">1</p> <p>Barbie Movie Ride 12:00-12:45 PM Spin Room</p> <p>Invite a family member or friend to join you for an activity (walk, gym session, exercise class, etc.)</p>	<p style="text-align: right;">2</p> <p>Catch-up on some Zz's! Aim for 7-9 hours of sleep and create a sleep schedule for the week ahead.</p>
<p style="text-align: right;">3</p> <p>WEEK 3 END</p> <p>Women's Weightlifting Series: 12:00-1:00PM Pilarz Fitness Center</p> <p>Plan a balanced workout split to ensure each muscle group gets adequate attention.</p>	<p style="text-align: right;">4</p> <p>WEEK 4 START</p> <p>Check your email for the week 3 fitness log!</p> <p>Mindfulness Meditation 5:00-5:30pm WML 305</p> <p>Make a fun workout playlist!</p> <p>Early 2000's Ride 7:00-7:45 PM Spin Room</p> <p>Plan a balanced workout split to ensure each muscle group gets adequate attention.</p>	<p style="text-align: right;">5</p> <p>Week 3 log due 1pm</p> <p>Cardio Kick Boxing 6:00-6:35 PM Royals Room</p> <p>Stay hydrated: drink 8 cups of liquids daily minimum (1/2 should be plain water).</p>	<p style="text-align: right;">6</p> <p>Lunchtime Yoga Flow 12:15-12:45pm Royals Room</p> <p>Take short mindfulness breaks throughout the day, especially during stressful periods.</p>	<p style="text-align: right;">7</p> <p>Energizing Yoga 5:00-5:45pm Royals Room</p> <p>Thankful Thursday: Reflect on your Fitness Challenge journey: take time to celebrate the progress you've made.</p>	<p style="text-align: right;">8</p> <p>Make an exercise plan for the next month. Set a reminder on your phone to check-in with yourself every two weeks to see if you're on track.</p>	<p style="text-align: right;">9</p> <p>10: WEEK 4 END 11: Check your email for the Week 4 fitness log! 12: Week 4 log due 1pm</p> <p style="text-align: center;">YAY YOU DID IT!</p>

Campus Fitness Facilities

<u>SPRING '24</u>	<u>BYRON COMPLEX</u> Basketball, racquetball, walking/running track	<u>OPEN SWIM</u>	<u>FITNESS CENTER</u>
<u>MONDAY</u>	7:30am - 11pm	Noon - 4pm 8pm - 9:30pm	6am - Midnight
<u>TUESDAY</u>	7:30am - 11pm	8am - 9:30am Noon - 4pm 8pm - 9:30pm	6am - Midnight
<u>WEDNESDAY</u>	7:30am - 11pm	Noon - 4pm 8pm - 9:30pm	6am - Midnight
<u>THURSDAY</u>	7:30am - 11pm	8am - 9:30am Noon - 4pm 8pm - 9:30pm	6am - Midnight
<u>FRIDAY</u>	7:30am - 8pm	8am - 9:30am Noon - 2pm	6am - 9pm
<u>SATURDAY</u>	Noon - 8pm	Noon - 2pm	10am - 9pm
<u>SUNDAY</u>	Noon - 11pm	Noon - 2pm	10am - Midnight

The recreation facilities are open for current students, staff and faculty.

Weekly Spin Class Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4pm	4 PM 5 PM 6 PM 7 PM	12 PM 5 PM	4 PM 5:15 PM 6:15 PM	12 PM 6:30 PM	9:30 AM 11 AM 12 PM 3 PM 4:15 PM	3 PM

Visit www.imleagues.com/gister for **Spin Classes** and to see group exercise classes offered by Rec Sports.