

2012 Fitness Challenge Calendar

WEEK	DATES	THEME	POWERPOINT SESSION #1	POWERPOINT SESSION #2	POWERPOINT SESSION #3	ON YOUR OWN POWERPOINT SESSIONS
1	2/6-2/12	Orientation	<p>Mon. 2/6: Fitness Challenge Opening Ceremonies at 12pm and 4pm in Ballroom A</p> <p>Mission Yoga 5:00 PM Murray Royals Room</p>	<p>Wed. 2/8: Fitness Center Orientation at Noon or 4:45 in the fitness center.</p>	<p>Th. 2/9: Advice from an experienced personal trainer...Starting your plan! 1pm in the Long Center Lobby.</p>	<p>Work out on your own in the new fitness center</p>
2	2/13-2/19	Cardio	<p>Tues. 2/14: Wellness Walk at noon in the Byron</p>	<p>Wed. 2/15: Scranton Running Company group run at 2pm and 6pm. Meet in the Long Center Lobby.</p>	<p>Th. 2/16: Wellness Walk at noon in the Byron</p>	<p>Take a walk or jog around the new track in the Byron</p>
3	2/20-2/26	Resistance Training	<p>Tues. 2/21: Pilates at 4:50 in the Murray Royal Room</p>	<p>Th. 2/23: Jillian Michaels 30 Day Shred 4:45 Byron</p> <p>Mat workout 12:50 – 12:35 in Murray Royals Room</p>	<p>Fri. 2/24: Friday Shred at 12:05-12:35 in the Murray Royals Room</p>	<p>Lift weight or do resistance training on your own.</p>
4	2/27-3/4	Something NEW!	<p>Mon. 2/27: CrossFit Dionne Green (Byron rain location) at 3:00-3:30 OR 3:30-4:00.</p>	<p>Attend a Zumba class (Call Rec. Dept. at 6203 for class schedule)</p>	<p>Fri. 3/2: Wii Fit Friday from 9-4 in TDC 213. Sign up on the door outside of CHEW (DeNaples 205k) for a 30 minute session</p>	<p>Try a new fitness class or workout routine</p>

*All Powerpoint Sessions are worth 3 points.