

# Big Foot Rec Wellness Club

Name: \_\_\_\_\_  
 \_\_\_\_\_

Week 6: **February 7-13**  
*Exercise to Prevent Falls*



Please turn in your punch card to the Rec Office or Fitness Center drop-box

**Fitness Center & Personal Training**  
 M T W T F S S

- \_\_\_ Monday, Feb 7 – Optional Weigh In (5:00 am-8:00 pm)
- \_\_\_ Monday, Feb 7 – Fitness Class (8:45-9:45 am)
- \_\_\_ Monday, Feb 7 – Jazzercise (9:30-10:30 am)
- \_\_\_ Monday, Feb 7 – Senior/Chair Yoga (11:00-11:30 am)
- \_\_\_ Tuesday, Feb 8 – Pickup Basketball (5:00-6:00 am)
- \_\_\_ Tuesday, Feb 8 – Fit Happens (6:00-6:45 am)
- \_\_\_ Tuesday, Feb 8 – Senior Seals (7:00-7:45 am)
- \_\_\_ Tuesday, Feb 8 – Jazzercise (5:00-6:00 pm)
- \_\_\_ Wednesday, Feb 9 – Fit Happens (7:00-7:45 am)
- \_\_\_ Wednesday, Feb 9 – Fitness Class (8:45-9:45 am)
- \_\_\_ Wednesday, Feb 9 – Jazzercise (9:30-10:30 am)
- \_\_\_ Wednesday, Feb 9 – Pickleball (6:00-8:00 pm)
- \_\_\_ Wednesday, Feb 9 – Pilates (6:30-7:15 pm)
- \_\_\_ Thursday, Feb 10 – Pickup Basketball (5:00-6:00 am)
- \_\_\_ Thursday, Feb 10 – Women’s Self Defense (6:00-8:00 pm)
- \_\_\_ Friday, Feb 11 - Senior Seals (7:00-7:45 am)
- \_\_\_ Friday, Feb 11 - Power Flow Yoga (8:30-9:15 am)
- \_\_\_ Friday, Feb 11 – Fitness Class (8:45-9:45 am)
- \_\_\_ Friday, Feb 11 – Jazzercise (9:30-10:30 am)
- \_\_\_ Saturday, Feb 12 – Fit Happens (7:00-8:00 am)
- \_\_\_ Saturday, Feb 12 – Pilates (8:45-9:15 am)
- \_\_\_ Sunday, Feb 13 – Jazzercise (9:30-10:30 am)
- \_\_\_ Sunday, Feb 13 – Adventure Club (10:00 am-12:00 pm)
- \_\_\_ Sunday, Feb 13 – Pickleball (6:00-8:00 pm)

# Big Foot Rec Wellness Club

Name: \_\_\_\_\_  
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Week 5: **Jan 31 - Feb 6**  
*Walking*



Please turn in your punch card to the Rec Office or Fitness Center drop-box

**Fitness Center & Personal Training**  
 M T W T F S S

- \_\_\_ Monday, Jan 31 – Optional Weigh In (5:00 am-8:00 pm)
- \_\_\_ Monday, Jan 31 – Fitness Class (8:45-9:45 am)
- \_\_\_ Monday, Jan 31 – Jazzercise (9:30-10:30 am)
- \_\_\_ Monday, Jan 31 – Senior/Chair Yoga (11:00-11:30 am)
- \_\_\_ Tuesday, Feb 1 – Pickup Basketball (5:00-6:00 am)
- \_\_\_ Tuesday, Feb 1 – Fit Happens (6:00-6:45 am)
- \_\_\_ Tuesday, Feb 1 – Senior Seals (7:00-7:45 am)
- \_\_\_ Tuesday, Feb 1 – Jazzercise (5:00-6:00 pm)
- \_\_\_ Wednesday, Feb 2 – Fit Happens (7:00-7:45 am)
- \_\_\_ Wednesday, Feb 2 – Fitness Class (8:45-9:45 am)
- \_\_\_ Wednesday, Feb 2 – Jazzercise (9:30-10:30 am)
- \_\_\_ Wednesday, Feb 2 – Pickleball (6:00-8:00 pm)
- \_\_\_ Wednesday, Feb 2 – Pilates (6:30-7:15 pm)
- \_\_\_ Thursday, Feb 3 – Pickup Basketball (5:00-6:00 am)
- \_\_\_ Friday, Feb 4 - Senior Seals (7:00-7:45 am)
- \_\_\_ Friday, Feb 4 - Power Flow Yoga (8:30-9:15 am)
- \_\_\_ Friday, Feb 4 – Fitness Class (8:45-9:45 am)
- \_\_\_ Friday, Feb 4 – Jazzercise (9:30-10:30 am)
- \_\_\_ Saturday, Feb 5 – Fit Happens (7:00-8:00 am)
- \_\_\_ Saturday, Feb 5 – Pilates (8:45-9:15 am)
- \_\_\_ Saturday, Feb 5 – Jazzercise (9:30-10:30 am)
- \_\_\_ Sunday, Feb 6 – Jazzercise (9:30-10:30 am)
- \_\_\_ Sunday, Feb 6 – Pickleball (6:00-8:00 pm)

# Big Foot Rec Wellness Club

Name: \_\_\_\_\_  
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Week 8: **February 21-27**  
*High Fiber Diet*



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**Fitness Center & Personal Training**  
 M T W T F S S

- \_\_\_ Monday, Feb 21 – Optional Weigh In (5:00 am-8:00 pm)
- \_\_\_ Monday, Feb 21 – Fitness Class (8:45-9:45 am)
- \_\_\_ Monday, Feb 21 – Jazzercise (9:30-10:30 am)
- \_\_\_ Monday, Feb 21 – Senior/Chair Yoga (11:00-11:30 am)
- \_\_\_ Tuesday, Feb 22 – Pickup Basketball (5:00-6:00 am)
- \_\_\_ Tuesday, Feb 22 – Fit Happens (6:00-6:45 am)
- \_\_\_ Tuesday, Feb 22 – Senior Seals (7:00-7:45 am)
- \_\_\_ Tuesday, Feb 22 – Jazzercise (5:00-6:00 pm)
- \_\_\_ Wednesday, Feb 23 – Fit Happens (7:00-7:45 am)
- \_\_\_ Wednesday, Feb 23 – Fitness Class (8:45-9:45 am)
- \_\_\_ Wednesday, Feb 23 – Jazzercise (9:30-10:30 am)
- \_\_\_ Wednesday, Feb 23 – Pickleball (6:00-8:00 pm)
- \_\_\_ Wednesday, Feb 23 – Pilates (6:30-7:15 pm)
- \_\_\_ Thursday, Feb 24 – Pickup Basketball (5:00-6:00 am)
- \_\_\_ Thursday, Feb 24 – First Aid & CPR (4:00-8:00 pm)
- \_\_\_ Friday, Feb 25 - Senior Seals (7:00-7:45 am)
- \_\_\_ Friday, Feb 25 – Fitness Class (8:45-9:45 am)
- \_\_\_ Friday, Feb 25 – Jazzercise (9:30-10:30 am)
- \_\_\_ Saturday, Feb 26 – Fit Happens (7:00-8:00 am)
- \_\_\_ Saturday, Feb 26 – Pilates (8:45-9:15 am)
- \_\_\_ Saturday, Feb 26 – Jazzercise (9:30-10:30 am)
- \_\_\_ Sunday, Feb 27 – Jazzercise (9:30-10:30 am)
- \_\_\_ Sunday, Feb 27 – Pickleball (6:00-8:00 pm)

# Big Foot Rec Wellness Club

Name: \_\_\_\_\_  
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Week 7: **February 14-20**  
*Making The Most of Your Time*



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**Fitness Center & Personal Training**  
 M T W T F S S

- \_\_\_ Monday, Feb 14 – Optional Weigh In (5:00 am-8:00 pm)
- \_\_\_ Monday, Feb 14 – Fitness Class (8:45-9:45 am)
- \_\_\_ Monday, Feb 14 – Jazzercise (9:30-10:30 am)
- \_\_\_ Monday, Feb 14 – Senior/Chair Yoga (11:00-11:30 am)
- \_\_\_ Tuesday, Feb 15 – Pickup Basketball (5:00-6:00 am)
- \_\_\_ Tuesday, Feb 15 – Fit Happens (6:00-6:45 am)
- \_\_\_ Tuesday, Feb 15 – Senior Seals (7:00-7:45 am)
- \_\_\_ Tuesday, Feb 15 – Jazzercise (5:00-6:00 pm)
- \_\_\_ Wednesday, Feb 16 – Fit Happens (7:00-7:45 am)
- \_\_\_ Wednesday, Feb 16 – Fitness Class (8:45-9:45 am)
- \_\_\_ Wednesday, Feb 16 – Jazzercise (9:30-10:30 am)
- \_\_\_ Wednesday, Feb 16 – Pickleball (6:00-8:00 pm)
- \_\_\_ Wednesday, Feb 16 – Pilates (6:30-7:15 pm)
- \_\_\_ Thursday, Feb 17 – Pickup Basketball (5:00-6:00 am)
- \_\_\_ Friday, Feb 18 - Senior Seals (7:00-7:45 am)
- \_\_\_ Friday, Feb 18 - Power Flow Yoga (8:30-9:15 am)
- \_\_\_ Friday, Feb 18 – Fitness Class (8:45-9:45 am)
- \_\_\_ Friday, Feb 18 – Jazzercise (9:30-10:30 am)
- \_\_\_ Saturday, Feb 19 – Fit Happens (7:00-8:00 am)
- \_\_\_ Saturday, Feb 19 – Pilates (8:45-9:15 am)
- \_\_\_ Sunday, Feb 20 – Jazzercise (9:30-10:30 am)
- \_\_\_ Sunday, Feb 20 – Pickleball (6:00-8:00 pm)