

- ___ Tuesday, Jan 2 – Optional Weigh In (5:00 am-8:00 pm)
- ___ Tuesday, Jan 2 – Pickup Basketball (5:00-6:00 am)
- ___ Tuesday, Jan 2 – Senior Seals (7:00-7:45 am)
- ___ Wednesday, Jan 3 – Beginner’s Guide (3:00-4:00 pm)
- ___ Wednesday, Jan 3 – Pickleball (6:00-8:00 pm)
- ___ Wednesday, Jan 3 – Pilates (6:30-7:15 pm)
- ___ Thursday, Jan 4 – Pickup Basketball (5:00-6:00 am)
- ___ Thursday, Jan 4 – Vinyasa Flow Yoga (6:30-7:30 pm)
- ___ Friday, Jan 5 – Senior Seals (7:00-7:45 am)
- ___ Saturday, Jan 6 – Fit Happens (7:00-8:00 am)
- ___ Saturday, Jan 6 – Vinyasa Flow Yoga (8:30-9:30 am)
- ___ Sunday, Jan 7 – Pickleball (6:00-8:00 pm)
- ___ Sunday, Jan 7 – Futsal Pickup Games (6:00-8:00 pm)

Big Foot Rec Wellness Club

Name: _____

Week 1: **January 2-7**
Eating Healthy



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