

January

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<ul style="list-style-type: none"> ■ Lecture/Tour/Symposium ■ Workout ■ Hike ■ Nutritional Education/Cooking Demo ■ Mind/Body ■ Prize Giveaways 						
			Back to Business 🎁 5:30 p.m. Holy Family Memorial Medical Center		Walking Clinic 6 p.m. & 7 p.m. HFM Wellness Center	Walking Clinic 10 a.m. & 11 a.m. HFM Wellness Center
		1	2	3	4	5
Kick Off 🎁 10 a.m.-2 p.m. Manitowoc Senior Center	Yoga Sculpt 7 p.m. Manitowoc Senior Center	Homebody Strength 6 p.m. Holy Family Memorial Medical Center	Best of the Best Diets 🎁 6 p.m. Holy Family Memorial Medical Center	Stressed Out! 🎁 6 p.m. Holy Family Memorial Medical Center	ZUMBA 5 p.m. & 6 p.m. Manitowoc Senior Center	Camp Sinawa Hike 9 a.m. Camp Sinawa, Valders WI
6	7	8	9	10	11	12
HFM Fitness Workshop 10 a.m. & 11 a.m. Aqua Fuze Crave 10 a.m. & 11 a.m. Bodypump and Step 10 a.m. & 11 a.m. Cycling HFM Wellness Center		Mind-Body Stress Buster 6:30 p.m. Manitowoc Senior Center	YMCA Laughter Yoga 7:15 p.m. M-TR YMCA		Latin Dance 5:30 p.m. Manitowoc Senior Center	Lake Orchard Aquaponics Tour 9 a.m. Lake Orchard Aquaponics, Sheboygan WI
13	14	15	16	17	18	19
Kitchen Skills 10 a.m. & 11 a.m. HFM Wellness Center	Tai Chi 5:30 p.m. Manitowoc Senior Center	Faith Based Vinyasa Yoga and Tea 🎁 5:30 p.m. Lakeshore United Methodist Church, Manitowoc, WI			80's Pound Night 5:30 p.m. Manitowoc Senior Center	TRX Suspension Training 10 a.m. & 11 a.m. M-TR YMCA
20	21	22	23	24	25	26
Woodland Dunes Hike Noon Woodland Dunes Nature Center & Preserve, Two Rivers, WI	National Guard Workout 5 p.m. & 6 p.m. Army National Guard, Two Rivers, WI		Chillaxing Night 🎁 6 p.m. Water Yoga 6:45 p.m. Massage 7:15 p.m. Guided Meditation M-TR YMCA	Restorative Yoga 7 p.m. HFM Wellness Center	 HFM Lean on the Lakeshore See more at leanonthelakeshore.com	
27	28	29	30	31		

February

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<ul style="list-style-type: none"> ■ Lecture/Tour/Symposium ■ Workout ■ Hike ■ Nutritional Education/Cooking Demo ■ Mind/Body 🎁 Prize Giveaways 					Firefighter Bootcamp 4:30 p.m. & 6 p.m. Two Rivers Fire Department, Two Rivers, WI	Lincoln Park Hike 9 a.m. Lincoln Park, Manitowoc, WI
	Mind-Body Stress Buster 5 p.m. Manitowoc Senior Center		C25k (Couch to 5k) Pep Talk 🎁 6 p.m. M-TR YMCA	Planet Fitness Workout 11 a.m. Planet Fitness, Manitowoc, WI	RIPPED 5:30 p.m. M-TR YMCA	Farm Wisconsin Discovery Center 9 a.m. Farm Wisconsin Discovery Center, Manitowoc WI
3	4	5	6	7	8	9
YMCA Family Day 🎁 9 a.m. M-TR YMCA			Planet Fitness Workout 11 a.m. Planet Fitness, Manitowoc, WI	Date Night 🎁 5 p.m. Holy Family Memorial Medical Center Get Heart Smart 6 p.m. Holy Family Memorial Medical Center	Mat Pilates 5:30 p.m. Manitowoc Senior Center	Swim Team Practice 8 a.m. & 9 a.m. M-TR YMCA
10	11	12	13	14	15	16
Jazzercise Week - Please see leanonthelakeshore.com/schedule.html for details						
17	18	I Eat, Therefore, I Feel 6 p.m. Holy Family Memorial Medical Center	20	Massage Education 9 a.m. & 6 p.m. Holy Family Memorial Medical Center	21	Woodland Dunes Hike 9 a.m. Woodland Dunes Nature Center & Preserve, Two Rivers, WI
19	22	23	24	25	26	27
Jazzercise Week Aqua Boot Camp Noon & 1 p.m. HFM Wellness Center	Indoor Ironman Triathlon Begins! Feb 25-Mar25 HFM Wellness Center & M-TR YMCA	Faith Based Vinyasa Yoga and Tea 🎁 5:30 p.m. Lakeshore United Methodist Church, Manitowoc, WI	PIYO 5:30 p.m. Manitowoc Senior Center	Restorative Yoga 7 p.m. HFM Wellness Center	 HFM Lean on the Lakeshore See more at leanonthelakeshore.com	
24	25	26	27	28		

March

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<ul style="list-style-type: none"> ■ Lecture/Tour/Symposium ■ Workout ■ Hike ■ Nutritional Education/Cooking Demo ■ Mind/Body ■ Prize Giveaways 					HFM Spinathon 5 p.m. & 6 p.m. HFM Wellness Center	HFM Spinathon 8:30 a.m., 9:30 a.m. & 10:30 a.m. HFM Wellness Center
					1	2
HFM Spinathon 8:30 a.m., 9:30 a.m. & 10:30 a.m. HFM Wellness Center Hike the Mariners Trail 1 p.m. Mariners Trail Two Rivers, WI	Aqua Boot Camp 6 p.m. & 7 p.m. HFM Wellness Center	Into to Ayurveda 🎁 7 p.m. Holy Family Memorial Medical Center		Planet Fitness Workout 11 a.m. Planet Fitness, Manitowoc, WI	Pound! 5:30 p.m. Manitowoc Senior Center	Hispanic Cooking made Healthy 9:30 a.m. & 11 a.m. HFM Wellness Center
3	4	5	6	7	8	9
YMCA Game Day 🎁 10 a.m. & 11:30 a.m. M-TR YMCA		Mind-Body Stress Buster 6:30 p.m. Manitowoc Senior Center	Planet Fitness Workout 5:30 a.m. Planet Fitness, Manitowoc, WI HFM Running Clinic 6 p.m. Holy Family Memorial Medical Center	Restorative Yoga 7 p.m. HFM Wellness Center	Zumba 5:30 p.m. Manitowoc Senior Center	
10	11	12	13	14	15	16
	Tai Chi 5:30 p.m. Manitowoc Senior Center	The Art of Aging Gracefully 6 p.m. Holy Family Memorial Medical Center	A Slick Presentation 🎁 5:30 p.m. Holy Family Memorial Medical Center		Totally Tubular 5 p.m. & 6 p.m. Manitowoc Senior Center	YMCA Spinathon 9 a.m., 10 a.m. & 11 a.m. M-TR YMCA
17	18	19	20	21	22	23
YMCA Spinathon 10 a.m. & 11 a.m. M-TR YMCA	National Guard Workout 5 p.m. & 6 p.m. Army National Guard, Two Rivers, WI Indoor Ironman Triathlon Ends!	Firefighter Bootcamp 4:30 p.m. & 6 p.m. TR Fire Department, Two Rivers, WI		Hike Evergreen Cemetery 5:30 p.m. Evergreen Cemetery, Manitowoc, WI		Aqua Fuze Craze 11 a.m. HFM Wellness Center
24	25	26	27	28	29	30
Ice Age Trail Hike 11 a.m. Ice Age Trail Two Rivers, WI						
31	See more at leanonthelakeshore.com					

April

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Crossfit Week 6 a.m. & 7 p.m. CrossFit Manitowoc, Manitowoc, WI	Faith Based Vinyasa Yoga and Tea 🎁 5:30 p.m. Lakeshore United Methodist Church, Manitowoc, WI	Crossfit Week 6 a.m. & 7 p.m. CrossFit Manitowoc, Manitowoc, WI Planet Fitness Workout 11 a.m. Planet Fitness, Manitowoc, WI	Planet Fitness Workout 5:30 a.m. Planet Fitness, Manitowoc, WI Crossfit Week 6 a.m. CrossFit Manitowoc, Manitowoc, WI	RIPPED 5:30 p.m. M-TR YMCA Crossfit Week 7 p.m. CrossFit Manitowoc, Manitowoc, WI	HFM Lean on the Lakeshore 5K 8 a.m. M-TR YMCA
	1	2	3	4	5	6
Walla Hi Hike 9:30 a.m. Walla Hi County Park, Kiel, WI	Mind-Body Stress Buster 5 p.m. Manitowoc Senior Center	Progressive 🎁 Strength Training 6 p.m. Holy Family Memorial Medical Center		Restorative Yoga 7 p.m. HFM Wellness Center		Lean on the Lakeshore Finale! 6 p.m. Lighthouse Inn, Two Rivers, WI
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
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