

Doggone Great Idea	1/6	1/12				
National Guard Workout	1/8	2/6	3/7	4/5		
Reflection and Tea 🍵	1/9	2/20	3/13	4/17		
Introduction to Strength Training 📝 ⚠️	1/10	1/17				
Walking Clinic 📝 ⚠️	1/11	1/13				
Synchronized Floatation 📝 ⚠️	1/13	3/4				
YMCA Day	1/14					
Intro to Meditation 📝	1/15					
5 Habits of Healthy Eating 📺 LIVE	1/16					
TR Fire Dept. Circuit Workout 📝	1/18	3/22				
Zumba	1/19	2/21	3/2			
Hiking with Jeff Edgar	1/20	2/17	3/17	4/8		
Combo Body Pump/ Step 📝	1/21					
Tai Chi	1/22	4/9				
Love Local 📺 LIVE	1/23					
Restoration 📝 ⚠️	1/25	2/22	3/29			
Planet Fitness Olympic Training Camp	1/26	2/18	3/23	4/13		
Snowshoe the Dunes	1/27					
Crossfit Week 📝 ⚠️	1/29	1/31	2/2			
Fad Diets 📺 LIVE	1/30					
Butts N Gutts 📝	2/1	3/1				
Group Power 📝	2/3					
SPINATHON (YMCA) 📝	2/4					

















🍵 Prizes at Event

📝 Available for request a Trainer

⚠️ Sign-up for only ONE

📺 LIVE

Will be recorded via Facebook Live

SNOGA at the Dunes	2/5						
“Do I have an eating disorder?” 	2/7						
POUND	2/9	3/9					
Cooking Demo HFM Mini Triathlon 	2/10						
Jazzercise Week	2/11	2/12	2/13	2/14	2/15	2/16	2/17
C25K (Couch to 5K) Pep Talk	2/13						
BYOB	2/23						
Hockey Drills and Skills	2/24						
Woodland Dunes – Trail Explorers	2/25	3/10	3/31	4/11			
Organic Tea/Coffee Party 	2/27						
YMCA Swim Instruction 	3/3						
Fermentation Fest 	3/6						
HFM Wellness Center Spinathon  	3/10	3/11					
CX Worx/Kickboxing 	3/16						
Laughter ‘Luge’	3/18						
Adventure Rock	3/18						
‘Back’ to Business  	3/19						
Curling	3/24						
Self Foot Massage  	3/26						
Cardio Kickbox 	4/7						
TRX 	4/7						
Foam Rolling  	4/12						
C25K	4/14						
Nidra	4/15						

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