

January

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>See more at leanonthelakeshore.com</p> <ul style="list-style-type: none"> ■ Lecture/Tour/Symposium ■ Workout ■ Hike ■ Nutritional Education/Cooking Demo ■ Mind/Body 						
			1	2	3	4
<p>Weigh In 10 a.m.-2 p.m. Manitowoc Senior Center</p> <p>Kick Off 10 a.m.-2 p.m. Manitowoc Senior Center</p> <p style="text-align: center;">5</p>	<p>Know Your Numbers- all about Nutrition! 6 p.m. Roncalli High School Fine Arts Center</p> <p style="text-align: center;">6</p>	7	<p>Learn to Lift 5 p.m. & 6 p.m. Manitowoc Senior Center</p> <p style="text-align: center;">8</p>	<p>Walking Clinic 6 p.m. & 7 p.m. Roncalli High School Gym</p> <p style="text-align: center;">9</p>	<p>Weigh In 7-9 a.m. 11 a.m.-1 p.m. 4-5:30 p.m. HFM Wellness Center</p> <p style="text-align: center;">10</p>	<p>Weigh In 8-10 a.m. HFM Wellness Center</p> <p>Walking Clinic 9 a.m. HFM Wellness Center</p> <p style="text-align: center;">11</p>
12	<p>Build Your Own Workout 5 p.m. & 6:30 p.m. Manitowoc Senior Center</p> <p>Panel of Fitness Professionals 6 p.m. Manitowoc Senior Center</p> <p style="text-align: center;">13</p>	14	15	16	<p>Zumba Strong 5:15 p.m. & 6:15 p.m. Manitowoc Senior Center</p> <p style="text-align: center;">17</p>	<p>Hike the Ice Age Trail and Winter Warm Up 8:30 a.m. HFM Lakefront Campus</p> <p>Oh my aching... 10 a.m. HFM Lakefront Campus</p> <p style="text-align: center;">18</p>
19	<p>Change your habits for permanent weight loss 6 p.m. Roncalli High School Fine Arts Center</p> <p style="text-align: center;">20</p>	21	<p>PIYO 5:30 p.m. & 6:30 p.m. Manitowoc Senior Center</p> <p style="text-align: center;">22</p>	23	<p>HFM Spinathon 11 a.m. & 5 p.m. HFM Wellness Center</p> <p style="text-align: center;">24</p>	<p>Planet Fitness Workout 7 a.m. Planet Fitness</p> <p>HFM Spinathon 7:30, 8:30 & 9:30 a.m. HFM Wellness Center</p> <p style="text-align: center;">25</p>
<p>HFM Spinathon 7:30, 8:30 & 9:30 a.m. HFM Wellness Center</p> <p style="text-align: center;">26</p>	<p>Relaxation Yoga 5:30 & 6:30 p.m. Manitowoc Senior Center</p> <p style="text-align: center;">27</p>	28	<p>Tai Chi 5:30 p.m. Manitowoc Senior Center</p> <p style="text-align: center;">29</p>	30	<p>Two Rivers Fire Department Boot Camp 6 p.m. Two Rivers High School</p> <p style="text-align: center;">31</p>	