


February

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 						<p>PIYO 7 a.m. YMCA</p> <p>Collins Marsh Hike 9 a.m.</p> <p>Collins Marsh</p> <p>Snowshow Extravaganza and Hike 9, 10 & 11 a.m. Collins Marsh 1</p>
<p>Super Bowl Challenge! 5:30 p.m.</p> <p>Participant's Choice</p> <p style="text-align: right;">2</p>	<p>Core Galore! 5:30 & 6:15 p.m.</p> <p>Manitowoc Senior Center</p> <p style="text-align: right;">3</p>	<p style="text-align: right;">4</p>	<p>HFM Cafeteria Super Salad & Beverage 5 p.m.</p> <p>HFM Medical Center Cafeteria</p> <p>Total Control Ladies Night 6 p.m.</p> <p>HFM Medical Center Manitowoc Room 5</p> <p style="text-align: right;">5</p>	<p style="text-align: right;">6</p>	<p>Mat Pilates 5 & 6 p.m.</p> <p>Manitowoc Senior Center</p> <p style="text-align: right;">7</p>	<p>Farm Discovery Museum Tour 9 a.m.</p> <p>Farm Discovery Center</p> <p style="text-align: right;">8</p>
<p>Point Beach Hike 9 a.m.</p> <p>Point Beach State Park</p> <p>Aqua Boot Camp 11 a.m. & 12 p.m.</p> <p>HFM Wellness Center</p> <p style="text-align: right;">9</p>	<p style="text-align: right;">10</p>	<p>Runner's Psychology 6 p.m.</p> <p>HFM Medical Center Manitowoc Room</p> <p style="text-align: right;">11</p>	<p style="text-align: right;">12</p>	<p>Partner Massage 9 a.m.</p> <p>HFM Wellness Center Cooperstown Room</p> <p>HFMWC Tour 10 a.m.</p> <p>HFM Wellness Center</p> <p>Partner Massage 5:30 p.m.</p> <p>HFMWC-Manitowoc RM 13</p> <p style="text-align: right;">13</p>	<p style="text-align: right;">14</p>	<p>Planet Fitness Workout 7 a.m.</p> <p>Planet Fitness</p> <p>YMCA Spinathon 8:30 & 9:30 a.m.</p> <p>YMCA-Manitowoc/TR</p> <p style="text-align: right;">15</p>
<p>YMCA Spinathon 10:15 & 11:15 a.m.</p> <p>YMCA-Manitowoc/TR</p> <p>YMCA Tour 11 a.m.</p> <p>YMCA-Manitowoc/TR</p> <p>Strand Adv. Tour 1 p.m.</p> <p>Strand Adventures</p> <p style="text-align: right;">16</p>	<p>LOL SUPER CHALLENGE BEGINS! HFMWC Tour 5:30 p.m.</p> <p>HFM Wellness Center</p> <p style="text-align: right;">17</p>	<p>Intro to Hot Yoga 11 a.m.</p> <p>Waves Yoga Studio</p> <p>Super Challenge Keynote Speaker Grant Burrall 6 p.m.</p> <p>HFM Medical Center Manitowoc Room 18</p> <p style="text-align: right;">18</p>	<p>Preventive Back Health 5:30 p.m.</p> <p>Manitowoc Senior Center</p> <p style="text-align: right;">19</p>	<p style="text-align: right;">20</p>	<p>Feel Good Yoga 6 p.m.</p> <p>Manitowoc Senior Center</p> <p style="text-align: right;">21</p>	<p>Pound 8:30 a.m.</p> <p>Manitowoc Senior Center</p> <p style="text-align: right;">22</p>
<p>Gymnastics Boot Camp 9:30 & 10:30 a.m.</p> <p>YMCA-Manitowoc/TR</p> <p style="text-align: right;">23</p>	<p>Super Supper and Beverage 5 p.m.</p> <p>HFM Cafeteria</p> <p>Peripheral Artery Disease Lecture 6 p.m.</p> <p>HFM Medical Center</p> <p style="text-align: right;">24</p>	<p style="text-align: right;">25</p>	<p>The REAL Core: Tapping into Your Foundation 5:30</p> <p>Manitowoc Senior Center</p> <p style="text-align: right;">26</p>	<p style="text-align: right;">27</p>	<p style="text-align: right;">28</p>	<p>Leap Day Hike 9 a.m.</p> <p>Silver Creek Park</p> <p style="text-align: right;">29</p>