


# January

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

# February

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 <p>See more at <a href="http://leanonthelakeshore.com">leanonthelakeshore.com</a></p> <ul style="list-style-type: none"> <li><span style="color: blue;">■</span> Lecture/Tour/Symposium</li> <li><span style="color: green;">■</span> Workout</li> <li><span style="color: red;">■</span> Hike</li> <li><span style="color: orange;">■</span> Nutritional Education/Cooking Demo</li> <li><span style="color: teal;">■</span> Mind/Body</li> </ul>						<p><b>PIYO</b> 7 a.m. YMCA</p> <p><b>Collins Marsh Hike</b> 9 a.m. Collins Marsh</p> <p><b>Snowshow Extravaganza and Hike</b> 9, 10 &amp; 11 a.m. Collins Marsh 1</p>
<p><b>Super Bowl Challenge!</b> 5:30 p.m. Participant's Choice</p> <p style="text-align: right;">2</p>	<p><b>Core Galore!</b> 5:30 &amp; 6:15 p.m. Manitowoc Senior Center</p> <p style="text-align: right;">3</p>	<p style="text-align: right;">4</p>	<p><b>HFM Cafeteria Super Salad &amp; Beverage</b> 5 p.m. HFM Medical Center Cafeteria</p> <p><b>Total Control Ladies Night</b> 6 p.m. HFM Medical Center Manitowoc Room 5</p> <p style="text-align: right;">5</p>	<p style="text-align: right;">6</p>	<p><b>Mat Pilates</b> 5 &amp; 6 p.m. Manitowoc Senior Center</p> <p style="text-align: right;">7</p>	<p><b>Farm Discovery Museum Tour</b> 9 a.m. Farm Discovery Center</p> <p style="text-align: right;">8</p>
<p><b>Point Beach Hike</b> 9 a.m. Point Beach State Park</p> <p><b>Aqua Boot Camp</b> 11 a.m. &amp; 12 p.m. HFM Wellness Center</p> <p style="text-align: right;">9</p>	<p style="text-align: right;">10</p>	<p><b>Runner's Psychology</b> 6 p.m. HFM Medical Center Manitowoc Room</p> <p style="text-align: right;">11</p>	<p style="text-align: right;">12</p>	<p><b>Partner Massage</b> 9 a.m. HFM Wellness Center Cooperstown Room</p> <p><b>HFMWC Tour</b> 10 a.m. HFM Wellness Center</p> <p><b>Partner Massage</b> 5:30 p.m. HFMMC-Manitowoc RM 13</p> <p style="text-align: right;">13</p>	<p style="text-align: right;">14</p>	<p><b>Planet Fitness Workout</b> 7 a.m. Planet Fitness</p> <p><b>YMCA Spinathon</b> 8:30 &amp; 9:30 a.m. YMCA-Manitowoc/TR</p> <p style="text-align: right;">15</p>
<p><b>YMCA Spinathon</b> 10:15 &amp; 11:15 a.m. YMCA-Manitowoc/TR</p> <p><b>YMCA Tour</b> 11 a.m. YMCA-Manitowoc/TR</p> <p><b>Strand Adv. Tour</b> 1 p.m. Strand Adventures</p> <p style="text-align: right;">16</p>	<p><b>LOL SUPER CHALLENGE BEGINS!</b> <b>HFMWC Tour</b> 5:30 p.m. HFM Wellness Center</p> <p style="text-align: right;">17</p>	<p><b>Intro to Hot Yoga</b> 11 a.m. Waves Yoga Studio</p> <p><b>Super Challenge</b> <b>Keynote Speaker Grant Burrall</b> 6 p.m. HFM Medical Center Manitowoc Room 18</p> <p style="text-align: right;">18</p>	<p><b>Preventive Back Health</b> 5:30 p.m. Mnaitowoc Senior Center</p> <p style="text-align: right;">19</p>	<p style="text-align: right;">20</p>	<p><b>Feel Good Yoga</b> 6 p.m. Manitowoc Senior Center</p> <p style="text-align: right;">21</p>	<p><b>Pound</b> 8:30 a.m. Manitowoc Senior Center</p> <p style="text-align: right;">22</p>
<p><b>Gymnastics Boot Camp</b> 9:30 &amp; 10:30 a.m. YMCA-Manitowoc/TR</p> <p style="text-align: right;">23</p>	<p><b>Super Supper and Beverage</b> 5 p.m. HFM Cafeteria</p> <p><b>Peripheral Artery Disease Lecture</b> 6 p.m. HFM Medical Center</p> <p style="text-align: right;">24</p>	<p style="text-align: right;">25</p>	<p><b>The REAL Core: Tapping into Your Foundation</b> 5:30 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><b>Leap Day Hike</b> 9 a.m. Silver Creek Park</p> <p style="text-align: right;">29</p>

# March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>YMCA Bells, Balls, and Battle Ropes</b> 10:30 & 11:30 a.m. YMCA-Manitowoc/TR  1	<b>Partner Interval Training</b> 5:30 p.m. Manitowoc Senior Center  2	     3	<b>HFM Running Clinic</b> 6-8 p.m. HFM Medical Center Manitowoc Room  4	     5	<b>Two Rivers Fire Department Boot Camp</b> 6 p.m. & 7 p.m. Two Rivers Fire Department  6	<b>Pool Party</b> 11 a.m. & 12 p.m. HFM Wellness Center  7
<b>Swim Team Practice</b> 10 a.m., 11 a.m. & 12 p.m. YMCA-Manitowoc/TR  8	     9	<b>Kick Cancer Night Superfoods</b> 5 p.m. HFM Cafeteria <b>Kick Cancer Night</b> 6 p.m. HFM Cafeteria  10	     11	     12	<b>Totally Tubular</b> 5 & 6 p.m. Manitowoc Senior Center  13	<b>Planet Fitness Workout</b> 7 a.m. Planet Fitness <b>YMCA Game Day</b> 1 p.m. YMCA-Manitowoc/TR  14
<b>Self Defense</b> 10:30 & 11:30 a.m. YMCA-Manitowoc/TR  15	     16	<b>LOL SUPER CHALLENGE ENDS!</b>   17	<b>Tai Chi</b> 5:30 p.m. Manitowoc Senior Center  18	<b>Evergreen Cemetery Hike</b> 6 p.m. Evergreen Cemetery <b>Last day to hand in your LOL Super Challenge Trackers</b>  19	<b>Zumba</b> 5:30 p.m. Manitowoc Senior Center  20	<b>Ripped</b> 11 a.m. YMCA-Manitowoc/TR  21
     22	     23	     24	<b>Kickbox</b> 5:30 p.m. Manitowoc Senior Center  25	     26	     27	<b>Walla Hi Park Hike</b> 9 a.m. Walla Hi Park  28
     29	     30	<b>Deep Stretch Yoga</b> 11 a.m. Waves Yoga Studio  31	<div style="display: flex; justify-content: space-between; align-items: center;"> <div> <ul style="list-style-type: none"> <li><span style="color: blue;">■</span> Lecture/Tour/Symposium</li> <li><span style="color: green;">■</span> Workout</li> <li><span style="color: red;">■</span> Hike</li> <li><span style="color: orange;">■</span> Nutritional Education/Cooking Demo</li> <li><span style="color: teal;">■</span> Mind/Body</li> </ul> </div> <div style="text-align: right;">  <p>See more at <a href="http://leanonthelakeshore.com">leanonthelakeshore.com</a></p> </div> </div>			

# April

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	<p><b>Weigh Out</b> 5-6 p.m. HFM Medical Center</p> <p><b>Super Supper and Beverage</b> 5 p.m. HFM Cafeteria</p> <p><b>Learning from a Pathologist's Viewpoint</b> 6 p.m. HFM Medical Center Manitowoc Room</p>	<p><b>Weigh Out</b> 5-6 p.m. HFM Medical Center</p> <p><b>Exercise and Mental Health</b> 6 p.m. HFM Medical Center Manitowoc Room</p>			<p><b>Pound! Last Chance Workout!</b> 5:30 p.m. Manitowoc Senior Center</p>	<p><b>Planet Fitness Workout</b> 7 a.m. Planet Fitness</p> <p><b>Weigh Out</b> 8-11 a.m. HFM Wellness Center</p> <p><b>Land &amp; Sea Workout</b> 11 a.m. &amp; 12 p.m. HFM Wellness Center</p>
	<p><b>Weigh Out</b> 6-8 a.m., 11 a.m.-1 p.m. &amp; 4 p.m.-7 p.m. HFM Wellness Center</p> <p><b>Last Chance Workout!</b> 6 p.m. Manitowoc Senior Center</p>	<p><b>Weigh Out</b> 6-8 a.m. 12-1 p.m. 4-7 p.m. HFM Wellness Center</p>				<p><b>Finale!</b> 6 p.m.-TBD Lighthouse Inn</p>