



# January 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
WCCPR classes not included on calendar. Please see page 5 of program book for WCCPR classes.			1	2	3	4
5	6	7 <b>Wellness Challenge Begins!! Registration &amp; Kick Off 5-8pm @ WCCPR</b>	8 <b>Weigh-In Day!</b> Healthy Choices for Everybody 12pm @ CC Extension Stop Starting Over Bootcamp 7:30pm @ Thoroughbred Gymnastics	9 WholyFit- 6:30pm @ Calvary Christian Stress Management & Self Care 7:15pm @ WCCPR Conf Rm	10	11 Philanthro PT: Myth Busting Lower Back Pain 9-10am @ WCCPR Conference Rm
12 Free Community Yoga 4pm @ The OM Place	13 Strength Training for Females 6:30pm @ Resilience PT WholyFit- 6:30pm @ Calvary Christian	14 Stretch It Out 6:30pm @ WCCPR	15 <b>Weigh-In Day!</b> Healthy Choices for Everybody 12pm @ CC Extension What is WHOLE30? 6:30pm @ CC Public Library Stop Starting Over Bootcamp 7:30pm @ Thoroughbred Gymnastics	16 WholyFit- 6:30pm @ Calvary Christian	17 Sugar Alternative & Low Carb Options 11:30am, 1:30pm, & 5:30pm @ Full Circle Market	18
19	20 Bone Broth & Collagen Tasting 10am & 7pm @ Full Circle Market WholyFit- 6:30pm @ Calvary Christian	21 Ask Me Anything 6pm @ WCCPR Multipurpose Rm	22 <b>Weigh-In Day!</b> Healthy Choices for Everybody 12pm @ CC Extension Intro to Smart Cycling 6pm @ CC Public Library Stop Starting Over Bootcamp 7:30pm @ Thoroughbred Gymnastics	23 Diabetes Support Group 5:30pm @ CC Health Dept WholyFit- 6:30pm @ Calvary Christian	24	25
26	27 Using Journaling to Boost Wellness 6pm @ WCCPR Conquering Knee Pain 6pm @ Resilience PT WholyFit- 6:30pm @ Calvary Christian Understanding Your Metabolism 7pm @ WCCPR	28	29 <b>Weigh-In Day!</b> Healthy Choices for Everybody 12pm @ CC Extension Eating Healthy(ier) on the Run 6pm @ CC Extension Build a Workout Workshop 6:30pm @ WCCPR Stop Starting Over Bootcamp 7:30pm @ Thoroughbred Gymnastics	30 Eat More Plants 6pm @ WCCPR Multipurpose Rm WholyFit- 6:30pm @ Calvary Christian	31	<b>Visit the Clark County Public Library for resources related to fitness, health, nutrition, mindfulness and much more!!!</b>





# February 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
WCCPR classes not included on calendar. Please see page 5 of program book for WCCPR classes.			Visit the Clark County Public Library for resources related to fitness, health, nutrition, mindfulness and much more!!!			1
2	3 Pain Free Core Training 6pm @ Resilience PT WholyFit- 6:30pm @ Calvary Christian	4	5 <b>Weigh-In Day!</b> Stop Starting Over Bootcamp 7:30pm @ Thoroughbred Gymnastics	6 FitBlue Activity Challenge 12pm @ CC Extension WholyFit- 6:30pm @ Calvary Christian	7	8
9 Free Community Yoga 4pm @ The OM Place	10 WholyFit- 6:30pm @ Calvary Christian	11	12 <b>Weigh-In Day!</b> Stop Starting Over Bootcamp 7:30pm @ Thoroughbred Gymnastics	13 Intro to Smart Cycling 6pm @ CC Public Library WholyFit- 6:30pm @ Calvary Christian Stress Management & Self Care 7:15pm @ WCCPR	14	15 Philanthro PT: Myth Busting Plantar Fasciitis 9am @ WCCPR Conf Rm
16	17 WholyFit- 6:30pm @ Calvary Christian	18 Preparing for Spring Trail Riding Season 6pm @ CC Extension	19 <b>Weigh-In Day!</b> Nutrition Basics 6pm @ BCTC Stop Starting Over Bootcamp 7:30pm @ Thoroughbred Gymnastics	20 Diabetes Support Group 5:30pm @ CC Health Dept WholyFit- 6:30pm @ Calvary Christian	21 The Skinny on Good Nutrition 11am @ CC Health Dept Studying Essential Oils 12pm @ CC Extension	22 Swift Hike 10am @ Lower Howard's Creek Preserve
23	24 WholyFit- 6:30pm @ Calvary Christian	25	26 <b>Weigh-In Day!</b> Stop Starting Over Bootcamp 7:30pm @ Thoroughbred Gymnastics	27 AHA Family & Friends CPR Class 10am-12pm & 6-8pm @ CC Health & Safety WholyFit- 6:30pm @ Calvary Christian	28	29





# March 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Be a WINner Litter Pick-Up! 2pm @ College Park Gym	2 WholyFit- 6:30pm @ Calvary Christian	3	4 <b>Weigh-In Day!</b> Legacy Grove Tree Walk & Park Tour 12pm & 5pm @ Legacy Grove Stop Starting Over Bootcamp 7:30pm @ Thoroughbred Gymnastics	5 Healthy Feet Keep You Moving! 10am @ CC Health & Safety Container Gardening 5:30pm @ CC Library WholyFit- 6:30pm @ Calvary Christian	6	7 PhilanthroPT: Myth Busting Shoulder Pain 9am @ WCCPR Long Hike 10am @ John Holder Trail- Halls On The River Spring Hike for Health & History 2pm @ CC Courthouse
8 Be a WINner Litter Pick-Up! 2pm @ Courthouse Free Community Yoga 4pm @ The OM Place	9 WholyFit- 6:30pm @ Calvary Christian	10 Straw Bale Gardening 5:30pm @ CC Extension	11 <b>Weigh-In Day!</b> Stop Starting Over Bootcamp 7:30pm @ Thoroughbred Gymnastics	12 Disc Golf Beginners Clinic 5:30pm @ Iron Works Disc Golf Course WholyFit- 6:30pm @ Calvary Christian	13	14
15 Be a WINner Litter Pick-Up! 2pm @ Legacy Grove	16 WholyFit- 6:30pm @ Calvary Christian	17	18 <b>FINAL Weigh-In Day!!</b> Legacy Grove Tree Walk & Park Tour 12pm & 5pm @ Legacy Grove Stop Starting Over Bootcamp 7:30pm @ Thoroughbred Gymnastics	19	20	21
22	23	24 <b>WELLNESS CHALLENGE FINALE 6-7pm @ WCCPR GYM</b>	25	26	27	28
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