
















# 2019 FITCHURCH CHALLENGE SCHEDULE

2019 FitChurch Challenge Schedule					
Week	Date	Class	Location	Time	Points
	Sat., January 5	Kick-off Event and Group Workout 	<b>Lakeland Family YMCA</b> 3620 Cleveland Heights Blvd, Lakeland, FL 33803	9 AM	75
<b>Month 1 • January   Jumpstart</b>					
1	Thurs., January 10	Jumpstart Fitness 	<b>Lakeland Family YMCA</b> 3620 Cleveland Heights Blvd, Lakeland, FL 33803	6:15 PM	15
2	Mon., January 14	Walking Meet-up 	Lake Hollingsworth	9 AM	10
2	Thurs., January 17	Living Well + Eating Better	<b>LRH Pavilion for Women &amp; Children</b> 1324 Lakeland Hills Blvd, Lakeland, FL 33805	10 AM or 5 PM	25
3	Thurs., January 24	Strength Discovery 	<b>Lakeland Family YMCA</b> 3620 Cleveland Heights Blvd, Lakeland, FL 33803	6:15 PM	15
4	Tues., January 29	Walking Meet-up 	Lake Parker Park	4:30 PM	10
4	Thurs., January 31	Lifestyle Tips for a Healthier You!	<b>New Mt. Zion Missionary Baptist Church</b> 1321 N Webster Ave, Lakeland, FL 33805	6:30 PM	15
<b>Month 2 • February   Keeping Pace</b>					
5	Thurs., February 7	Healthy Heart Fitness 	<b>Lakeland Family YMCA</b> 3620 Cleveland Heights Blvd, Lakeland, FL 33803	6:15 PM	15
6	Tues., February 12	"Listen to Your Heart" - Heart Health	<b>College Heights United Methodist Church</b> 1001 Success Avenue, Lakeland, 33803	6 PM	15
6	Fri., February 15	Walking Meet-up 	Lake Mirror	9 AM	10
7	Thurs, February 21	Rhythm and Moves: Dance Inspired Fitness 	<b>Lakeland Family YMCA</b> 3620 Cleveland Heights Blvd, Lakeland, FL 33803	6:30 PM	15
7	February 20 - 27	*TEAM CHALLENGE* 	N/A		25
8	Thurs., February 28	Meal Prep for Success - Nutrition Planning	<b>LRH Pavilion for Women &amp; Children</b> 1324 Lakeland Hills Blvd, Lakeland, FL 33805	6 PM	15
<b>Month 3 • March   Conquer Wellness</b>					
-	Sat., March 2	<b>DOUBLEHEADER WEEKEND: LRH PROMISE RUN + TEAM FIELD DAY</b> 	<b>Lake Mirror Promenade (Promise Run)</b> <b>Fontaine Gills Family YMCA - NORTH Y (Field Day)</b>	6 AM 10 AM	30 each
9	Mon., March 4	Breathe Deeply: Experience Yoga 	<b>Lakeland Family YMCA</b> 3620 Cleveland Heights Blvd, Lakeland, FL 33803	6:15 PM	15
10	Thurs., March 14	Discover Mindfulness and Relaxation	<b>First Baptist Church Imperial Lakes</b> 1905 Shepherd Rd, Lakeland, FL 33811	6 PM	15
11	Mon., March 18	Cardio + Core Conditioning 	<b>TBD</b>	6:30 PM	15
11	Fri., March 22	Walking Meet-up 	Lake Hollingsworth	4 PM	10
12	March 25-29	SPRING BREAK *INDIVIDUAL CHALLENGE* 	N/A		10
<b>FINAL WEIGH-IN AND SCREENINGS</b>					
	Sat., April 6	Combat: The Final Test 	<b>Lakeland Family YMCA</b> 3620 Cleveland Heights Blvd, Lakeland, FL 33803	9 AM	75

## Challenge Notes



### Fitness Activity

Appropriate attire is required for all exercise classes. Appropriate workout attire, including gym shoes, should be worn at all times. Jeans, denim clothing, exposed metal on clothing, see-through clothing, open-toed shoes and high heels are prohibited.



### Focus on Nutrition

Portion size matters. Research has shown that people consistently eat more food when offered larger sized portions. So portion control is important when you're trying to lose weight and keep it off. Healthy-eating patterns and regular physical activity can help people achieve and maintain good health and reduce the risk of chronic diseases.

## New in 2019



### Use your fitness tracker/watch for Individual and Bonus Challenges

Once you register, connect your fitness tracker! There will be individual and bonus challenge opportunities throughout the Challenge that capture steps walked, miles traveled, calories burned, etc.



### Join us for Team Field Day!

Joining together as a community helps to build self-esteem that fuels fitness dedication and healthy habits.

#### Team Field Day (50 Points)

##### Saturday, March 2 • Fontaine Gills Family YMCA (2125 Sleepy Hill Rd, Lakeland, FL 33810)

Will your team have what it takes to take home the Field Day Champion title? We've got all the classic events like tug of war, relay races, obstacle courses, etc. - plus some races that will challenge your brain. There is something for everyone! Teams will earn points in each event to add up to your total for the day.

## 2019 Bonus Activities

#### Move it Mondays (5 Points)

Move It Monday is an international campaign encouraging people of all fitness levels to kick off the week with exercise! Check your e-mail every Monday for the day's tip/activity. Snap a photo of you completing and upload to Challenge Runner!

#### Lakeland Regional Health Promise Run (30 Points)

Walk or run in the 2019 Lakeland Regional Health Promise Run in support of conquering cancer. Take a picture of your participation bib at the race and upload to Challenge Runner!

#### Team Challenge (25 Points) *(Must complete between February 20 -27)*

Gather as many team members as you can and complete at least a 30 minute group workout. Make sure to snap a team photo and upload to Challenge Runner!

#### Individual Challenges (10 Points)

Individual challenges will appear throughout the Challenge weeks. Simply verify you have completed the Challenge!

**Make sure to check your e-mail at the beginning of each week for e-mail updates, special tips and bonus activities.**

Please allow 7-10 business days for attendance from sessions to be added to the Challenge Runner portal.

The program and associated health screenings can give you a snapshot of your health but do not serve as a substitute for professional medical care and evaluation. We encourage you to consult with your treating physician or other healthcare professionals in connection with your decision to participate in this program.