

Fitness Challenge Calendar & Daily Healthy Habit Challenges*: February/March

2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>16</p> <p>FITNESS CHALLENGE Week 1 START:</p> <p>Make fitness goals: one for this week, one for this month. Write them down!</p>	<p>17</p> <p>Pack your gym bag and/or make an exercise plan for the week to eliminate excuses.</p>	<p>18</p> <p>POUND – Rockout. Workout.®</p> <p>6pm @ Byron Aerobics Room</p> <p>Skip the elevator and take the stairs as much as possible.</p>	<p>19</p> <p>Weigh-In Weds @CHEW TDC-205K</p> <p>Stretch- spend 5 minutes stretching today. Look on YouTube for a 5 minute video.</p>	<p>20</p> <p>Get the recommended 7-9 hours of sleep.</p>	<p>21</p> <p>Check your email for the week 1 fitness log!</p> <p>Set a goal to reduce recreational screen time to 2 hours or less daily</p>	<p>22</p> <p>WEEK 1 END</p> <p>Spend time in nature- Go for a walk outside!</p>
<p>23</p> <p>WEEK 2 START</p> <p>Try prepping a few snacks or meals for the busy week ahead.</p>	<p>24</p> <p>Week 1 Log due by 1pm.</p> <p>Stay hydrated- ensure a minimum of 8 cups liquid daily for adequate hydration. (½ should be plain water.)</p>	<p>25</p> <p>Wake up to fruit- 1 or 2 servings before 11am. Try adding it to your oatmeal or cereal.</p>	<p>26</p> <p>Weigh-In Weds @CHEW TDC-205K</p> <p>Know your health numbers! Have your cholesterol levels, blood pressure and/or weight checked this month.</p>	<p>27</p> <p>Keep all three meals phone free... no scrolling!</p>	<p>28</p> <p>Check your email for the week 2 fitness log and week 1 raffle prize winners!</p> <p>For each soda, coffee or tea - drink 2 extra cups of water.</p>	<p>29</p> <p>WEEK 2 END</p> <p>End your day with 5 minutes of reflection.</p>
<p>March 1</p> <p>WEEK 3 START</p> <p>Write down an exercise plan for the week ahead- aim for a mix of strength training and cardio.</p>	<p>2</p> <p>Week 2 Log due by 1pm</p> <p>Try a new fitness activity this week! (Ex: free fitness class, meditation, YouTube yoga workout, or lifting weights at the gym.</p>	<p>3</p> <p>Eat 5 servings of fruits and vegetables every day this week.</p>	<p>4</p> <p>Weigh-In Weds @CHEW TDC-205K</p> <p>Read a fitness or nutrition related article.</p>	<p>5</p> <p>Thankful Thursday: reflect on three things you're grateful for, within your fitness journey and beyond!</p>	<p>6</p> <p>Check your email for the week 3 fitness log and week 2 raffle prize winners!</p> <p>Make a fun workout playlist or download a fitness app.</p>	<p>7</p> <p>WEEK 3 END</p> <p>Invite a family member or friend to join you for an activity (walk, hike, exercise class, etc.)</p>
<p>8</p> <p>WEEK 4 START</p> <p>Work on flexibility this week: start a stretching routine and try for 2-5 minutes each day.</p>	<p>9</p> <p>Week 3 Log due by 1pm</p> <p>Go to bed 30 minutes earlier than normal.</p>	<p>10</p> <p>Cut out sugary drinks- have a "drink only water day".</p>	<p>11</p> <p>Weigh-In Weds @CHEW TDC-205K</p> <p>Add an extra veggie to your lunch or dinner.</p>	<p>12</p> <p>Try a 5 minute guided meditation before bed to unwind (Free options on Spotify & YouTube).</p>	<p>13</p> <p>Check your email for the week 4 fitness log and week 3 raffle prize winners!</p> <p>Write down a fitness plan for the next 30 days.</p>	<p>14</p> <p>FITNESS CHALLENGE WEEK 4 END</p> <p>Week 4 Log due by 3/16 @ 1pm</p>

*Healthy Habit Challenges are OPTIONAL! For more information and educational tips, check out our website: scranton.edu/chew and follow our Instagram page @uofschew

FREE WEEKLY WELLNESS & GROUP FITNESS CLASSES

MONDAY

4pm Spin
***5-5:30** Mindfulness Meditation; LSC 127
5pm Spin
7pm Spin
8pm Spin
8pm Zumba

TUESDAY

4pm Spin
5pm Yoga Flow
5pm Spin
***5-5:30** Mindfulness Meditation: LSC 127
***6-6:45pm** POUND
6pm Spin
7:30pm Spin
8:30pm Spin

WEDNESDAY

8am Spin
***12:15-12:45pm:** Yoga Flow; Royals Room, Byron
***6-7pm** Energizing Yoga Royals Rooms, Byron
6pm Spin
7pm Abs& Buns
8pm Spin

THURSDAY

7am Spin
8am Spin
12pm Spin
5pm Spin
***5-6pm** Energizing Yoga Royals Room, Byron
6pm Zumba

FRIDAY

***12:10-12:40pm**
 Gentle Yoga Royals Room, Byron
3pm Abs & Buns
5pm Spin

SATURDAY

5pm Spin

Byron Rec Hours

Saturday: noon-9pm
 Sunday: 7:30am-11pm

Byron Rec Hours

7:30am-11pm

Basketball, racquetball, walking/running track

Open Swim Hours

NOON -4pm
 8pm-9pm

Fitness Center Hours

6am-midnight

Byron Rec Hours

7:30am-11pm

Open Swim Hours

8am-9:30am
 NOON -4pm

Fitness Center Hours

6am-midnight

Byron Rec Hours

7:30am-11pm

Open Swim Hours

NOON -4pm
 8pm-9pm

Fitness Center Hours

6am-midnight

Byron Rec Hours

7:30am-11pm

Open Swim Hours

8am-9:30am
 NOON -4pm

Fitness Center Hours

6am-midnight

Byron Rec Hours

7:30am-9pm

Open Swim Hours

8am-9:30am
 NOON -2pm

Fitness Center Hours

6am-9pm

Open Swim Hours

Saturday: Noon -2pm
 Sunday: Noon -2pm
 7-8:30pm-pm

Fitness Center Hours

Saturday: 10am-9pm
 Sunday: 10am-midnight

CLASSES DENOTED WITH AN * (ASTERISK) ARE SPONSORED BY CHEW; ALL OTHER CLASSES ARE PROVIDED BY THE RECREATIONAL SPORTS OFFICE
 SPIN CLASSES – LOCATED ON LOWER LEVEL OF BYRON GYM- REGISTER FOR SPIN CLASSES ON IMLEAUGES.COM
 WEEKLY WELLNESS & GROUP FITNESS- LOCATED IN ROYALS ROOM, 2ND LEVEL OF BYRON GYM, NO REGISTRATION REQUIRED