

New Year, New You - Transformation Challenge 2018

**more sessions to be added...subject to changes*

WEEK 1

Initial weigh-ins at the Fitness Center:

Mon	Feb 26	11:30-12:30 & 4:00-4:30
Tue	Feb 27	10:30-11:30 & 4:15-5:15
Wed	Feb 28	10:30-11:30

Kick Off - program explanation, the announcement of prizes & basic tips to succeed

Monday Feb 26, 4:40-5:10

Room

Tuesday Feb 27, 12:15-12:45

Room

Intro to strength training - Michael Washington, Certified Personal Trainer

A four week program to get you started – 2 bonuses for attending the entire 4 week program

Thursday Mar 1, 12:30-1:00

Fitness Center studio

WEEK 2

Weigh-ins at the Fitness Center:

Mon	Mar 5	11:30-12:30 & 4:00-4:30
Tue	Mar 6	10:30-11:30 & 4:15-5:15
Wed	Mar 7	10:30-11:30

General Nutrition and tips for weight loss - Dietetic intern presentation –

Monday Mar 5, 4:45-5:15; Weigh-ins from 4:35-4:45 and directly following presentation

Room

Tuesday Mar 6, 12:15-12:45; Weigh-ins from 12:05-12:15 and directly following presentation

Room

Intro to strength training - Michael Washington, Certified Personal Trainer

A four week program to get you started – 2 bonuses for attending the entire program

Thursday Mar 8, 12:30-1:00

Fitness Center studio

***Individual meetings with the dietetic intern available this week on Friday all day – call 275-2437*

WEEK 3

Weigh-ins at the Fitness Center:

Mon	Mar 12	4:00-4:30
Tue	Mar 13	10:30-11:30 & 4:15-5:15
Wed	Mar 14	10:30-11:30

Dietetic intern presentation –

Monday Mar 12, 4:45-5:15; Weigh-ins from 4:35-4:45 and directly following presentation
Room

Tuesday Mar 13, 12:15-12:45; Weigh-ins from 12:05-12:15 and directly following presentation
Room

Intro to strength training - Michael Washington, Certified Personal Trainer

A four week program to get you started – 2 bonuses for attending the entire program

Thursday Mar 15, 12:30-1:00
Fitness Center studio

***Individual meetings with the dietetic intern available this week on Friday all day – call 275-2437*

WEEK 4

TBD

Intro to strength training - Michael Washington, Certified Personal Trainer

Last class of the four week program to get you started – 2 bonuses for attending the entire program

Thursday Mar 22, 12:30-1:00
Fitness Center studio

WEEK 5

TBD

WEEK 6

TBD

**please call x52437 to schedule a special weigh-in if these times do not work for you*