

New Year, New You - Transformation Challenge 2019

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

WEEK 1

Initial weigh-ins at the Fitness Center:

Thu	Feb 28	11:30-12:30 & 4:00-5:00
Fri	Mar 1	10:30-11:30 & 4:15-5:15

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

Thursday Feb 28, 4:45-5:10

Room

Friday Mar 1, 12:15-12:40

Room

WEEK 2

Weigh-ins at the Fitness Center:

Thu	Mar 7	11:30-12:30 & 4:00-5:00
Fri	Mar 8	10:30-11:30 & 4:15-5:15

Presentation TBD by Dietetic intern

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

Room

Tuesday Mar 5, 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

Thursday Mar 7, 12:15-12:45

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:

Thu	Mar 14	11:30-12:30 & 4:00-5:00
Fri	Mar 15	10:30-11:30 & 4:15-5:15

Presentation TBD by Dietetic intern

Monday Mar 11, 4:45-5:15; Weigh-ins from 4:35-4:45 and directly following presentation

Room

Tuesday Mar 12, 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

Thursday Mar 14, 12:15-12:45

Fitness Center studio

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

WEEK 4

Weigh-ins at the Fitness Center:

Thu Mar 21 11:30-12:30 & 4:00-5:00

Fri Mar 22 10:30-11:30 & 4:15-5:15

A Holistic Approach to Weight Loss: Using Chinese Herbs and Acupuncture to be the weight you want – Dr. Laura Chey, Balance Acupuncture & Wellness Center

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 21, 12:15-12:45

Fitness Center studio

WEEK 5

Weigh-ins at the Fitness Center:

Thu Mar 28 11:30-12:30 & 4:00-5:00

Fri Mar 29 10:30-11:30 & 4:15-5:15

Intro to strength training - Michael Washington, Certified Personal Trainer

A four week program to get you started

Thursday Mar 28, 12:15-12:45

Fitness Center studio

WEEK 6

Weigh-ins at the Fitness Center:

Thu Apr 4 11:30-12:30 & 4:00-5:00

Fri Apr 5 10:30-11:30 & 4:15-5:15

Presentation TBD by Dietetic intern

FINAL

Weigh-ins at the Fitness Center:

Tue Apr 9

Wed Apr 10