



For more information
call Scott
(734) 466-2912



HEALTHY LIVONIA'S

100 DAYS to

Health

March

GET INFORMED
GET FIT
GET HEALTHY!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27-Feb	28-Feb	1	2	3	4	5
Kick-Off Event (9-11:30 a.m.) Weight Loss Challenge Weigh-in, 9 a.m.-7 p.m.	Weight Loss Challenge Weigh-in, 9 a.m.-9 p.m. Sugar Addiction:Break It,10 a.m. Intro to Intuitive Eating, 7 p.m.	Steps to a Healthy Lifestyle, 9:30 a.m. Beginning Yoga, noon Total Body Conditioning, 8 p.m.	Circuit Training, 10:30 a.m. Quit Quitting, 7 p.m.	Fit After Fifty, noon Yoga Basics, 5 p.m. Shine Fitness, 6 p.m.	FREE Fridays at the Rec Weight Loss:No Stone Unturned,10 a Fit Hub Orient.11 a.m.,1,6 p.m. Nerf Nights, 5:30 p.m., FEE	Dive in Movie Night, 5 p.m., FEE
6	7	8	9	10	11	12
Open Climb (Ages 6+) 3 p.m.	Tai Chi 101,10 a.m. Fit After Sixty-Five,11 a.m. Principles 1 & 2 Intuitive Eating, 7 p.m.	Power of Our Self Talk, 9:30 a.m. Water Exercise, noon Breaking Pop Addiction,7 p.m.	Zumba,9:30 a.m. Time Too Savor,5 p.m., FEE Intuitive Eating Part 1, 7 p.m.	Fit & Core, noon Yoga Basics, 1 p.m. Steps to a Healthy Lifestyle, 7 p.m.	FREE Fridays at the Rec Zumba,10:30 a.m. Meet & Chat Time, noon Time Too Savor,5 p.m., FEE	Time Too Savor,10 a.m., FEE
13	14	15	16	17	18	19
	Quit Quitting, 10 a.m. Strength & Core, 11 a.m. Principles 3 & 4 Intuitive Eating, 7 p.m.	Getting a Good Night's Sleep, 9:30 a.m. Yoga Flow, 11 a.m. Weight Loss:No Stone Unturned,7 p.m.	High Fitness, 9:30 a.m. Time Too Savor,4 p.m., FEE Time Too Savor,6 p.m., FEE Circuit Training, 7 p.m.	Fit After Fifty,noon Power of Our Self Talk,7 p.	FREE Fridays at the Rec Sugar Addiction:Break It,10 a.m. Total Body Conditioning,11:30 a.m. Kids Night Out,6 p.m., FEE	Time Too Savor,10 a.m., FEE
20	21	22	23	24	25	26
Open Climb (Ages 6+) 3 p.m.	Tai Chi 101, 10 a.m. Cardio Sculpt, noon Principles 5 & 6 Intuitive Eating, 7 p.m.	Quit Quitting, 10 a.m. Shine Fitness, 8 p.m.	Ashtanga Vinyasa Yoga,10 a.m. Intuitive Eating Part 2, 7 p.m.	Water Exercise,noon Getting a Good Night's Sleep, 7 p.m.	FREE Fridays at the Rec Pilates Basics, 11:30 a.m. Fit After Sixty-Five,noon Shine Fitness, 6 p.m.	Open Climb (Ages 6+) 4 p.m.
27	28	29	30	31		
	Fit After Fifty, 11 a.m. Principles 7 & 8 Intuitive Eating, 7 p.m.	Breaking Pop Addiction, 10 a.m. Circuit Training, 8 p.m.	High Fitness, 9:30 a.m. Yoga Flow, 11:30 a.m. Sugar Addiction:Break It,7 p	Yoga Basics, 1 p.m. Yoga Basics, 5 p.m. Zumba, 8 p.m.		



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					FREE Fridays at the Rec Zumba, 10:30 a.m. Fit After Fifty, noon Nerf Nights, 5:30 p.m., FEE	Bunny Brunch, 11 a.m., FEE
3	4	5	6	7	8	9
Weight Loss Challenge Weigh-in, 9 a.m.-7 p.m.	Weight Loss Challenge Weigh-in, 9 a.m.-9 p.m. Principles 9 & 10 Intuitive Eating, 7 p.m.	Pilates Basics, 9 a.m. Water Exercise, noon Butts & Guts, 8 p.m.	Zumba, 9:30 a.m. Beginning Yoga, noon Total Body Conditioning, 7 p.m.	Fit After Fifty, noon Yoga Basics, 5 p.m. Zumba, 8 p.m.	FREE Fridays at the Rec Cardio Strength, 10:30 a.m. Meet & Chat Time, noon	Open climb (Ages 6+) 4 p.m.
10	11	12	13	14	15	16
Open Climb (Ages 6+) 3 p.m.	Tai Chi 101, 10 a.m. Total Body Conditioning, 11 a.m. Pilates Basics, 7 p.m. Cardio Sculpt, 8 p.m.	80s Aerobics, 11:30 a.m. Shine Fitness, 8 p.m.	High Fitness, 9:30 a.m. Ashtanga Vinyasa Yoga, noon	Fit After Sixty-Five, noon Yoga Basics, 1 p.m. Shine Fitness, 6 p.m.	FREE Fridays at the Rec Yoga Flow, 9:30 a.m. Zumba, 10:30 a.m. Kids Night Out, 6 p.m., FEE	Egg Hunt, noon
17	18	19	20	21	22	23
EASTER CENTER CLOSED	Fit After Fifty, 11 a.m. Ashtanga Vinyasa Yoga, noon Shine Fitness, 8 p.m.	Beginner Yoga, 10:30 a.m. Water Exercise, noon Strength & Core, 8 p.m.	Fit & Core, 10:30 a.m. Circuit Training, 7 p.m.	Total Body Conditioning, noon Zumba, 8 p.m.	FREE Fridays at the Rec Beginning Yoga, 9:30 a.m. Strength & Core, 10:30 a.m. Shine Fitness, 6 p.m.	Open climb (Ages 6+) 4 p.m.
24	25	26	27	28	29	30
Spring Open House, noon	Ti Chi 101, 10 a.m. Cardio Sculpt, 11 a.m. Pilates Basics, 7 p.m. Fit & Core, 8 p.m.	Pilates Basics, 9 a.m. Shine Fitness, 8 p.m.	High Fitness, 9:30 a.m. Yoga Flow, 11 a.m. Shine Fitness, 7 p.m.	80's Aerobics, 11:30 a.m. Water Exercise, noon Yoga Basics, 1 p.m. Yoga Basics, 5 p.m.	FREE Fridays at the Rec Circuit Training, 10:30 a.m. Fit After Sixty-Five, noon	



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
Weight Loss Challenge Weigh-in, 9 a.m.-7 p.m.	Tai Chi 101, 10 a.m. Weight Loss Challenge Weigh-in, 9 a.m.-9 p.m. Shine Fitness, 8 p.m.	Pilates Basics, 9 a.m. Ashtanga Vinyasa Yoga, 11 a.m. Total Body Conditioning, 8 p.m.	Zumba, 9:30 a.m. Beginning Yoga, noon	Yoga Flow, 10 a.m. Water Exercise, noon Yoga Basics, 1 p.m. Cardio Sculpt, 8 p.m.	FREE Fridays at the Rec Zumba, 10:30 a.m. Fit After Fifty, noon Shine Fitness, 6 p.m.	Open climb (Ages 6+) 4 p.m.
8	9	10	11	12	13	14
	Beginning Yoga, 11 a.m. 80's Aerobics, noon Pilates Basics, 7 p.m.	Water Exercise, noon Shine Fitness, 8 p.m.	High Fitness, 9:30 a.m. Circuit Training, 7 p.m.	Fit After Fifty, noon Yoga Basics, 5 p.m. Zumba, 8 p.m.	FREE Fridays at the Rec Total Body Conditioning, 10:30 a.m.	
15	16	17	18	19	20	21
Open climb (Ages 6+) 3 p.m.	Fit After Sixty-Five, 11 a.m. Zumba, 8 p.m.	Pilates Basics, 9 a.m. Strength & Core, 8 p.m.	Zumba, 9:30 a.m. Shine Fitness, 8 p.m.	Circuit Training, noon Yoga Basics, 1 p.m. Fit & Core, 8 p.m.	FREE Fridays at the Rec Ashtanga Vinyasa Yoga, 9:30 a.m. Pilates Basics, 11:30 a.m. Kids Night Out, 6 p.m., FEE	Open climb (Ages 6+) 4 p.m.
22	23	24	25	26	27	28
	Tai Chi 101, 10 a.m. Strength & Core, 11 a.m. Pilates Basics, 7 p.m.	Yoga Flow, 11 a.m. Shine Fitness, 8 p.m.	High Fitness, 9:30 a.m. Fit & Core, 7 p.m.	80's Aerobics, 11:30 a.m. Water Exercise, noon Yoga Basics, 5 p.m.	FREE Fridays at the Rec Fit After Sixty-Five, noon Shine Fitness, 6 p.m.	
29	30	31				
Open climb (Ages 6+) 3 p.m.	Fit After Fifty, 11 a.m. CENTER CLOSSES AT 2 P.M.	Beginning Yoga, 11 a.m. Cardio Sculpt, 8 p.m.				



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			Zumba, 9:30 a.m. Shine Fitness, 8 p.m.	Water Exercise, noon Yoga Basics, 1 p.m. Yoga Basics, 5 p.m.	FREE Fridays at the Rec Circuit Training, 10:30 a.m. Fit After Fifty, noon	Weight Loss Challenge Weigh-in, 9 a.m.-7 p.m.
5	7	8	9	10	11	12
Last Day Weight Loss Challenge Weigh-in, 9 a.m.-7 p.m.						
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			