

BIGGEST LOSER: Weight Loss Challenge

January & February 2010

ACTIVITIES CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		12 9-11am CURVES 6:30-8:30pm BIGGEST LOSER WEIGH-IN	13 5:45-6:45pm Fitness Bootcamp	14 5:00-6:00pm 6:00-7:00pm YOGA	15 Go for a walk anytime at Hampshire Dome Track	16 8-11am CURVES
17 Go for a walk anytime at Hampshire Dome Track	18 6:30pm Indoor Cycling	19 9-11am CURVES 6:30-8:30pm BIGGEST LOSER	20 5:30-6:30pm Archery	21 7:15-8:15pm Cardio Step	22 Go for a walk anytime at Hampshire Dome Track	23 8-11am CURVES
24 Go for a walk anytime at Hampshire Dome Track	25 Go for a walk anytime at Hampshire Dome Track	26 9-11am CURVES 6:30-8:30pm BIGGEST LOSER	27 7:00-9:00pm Dodgeball	28 5:00-6:00pm Kickboxing	29 Go for a walk anytime at Hampshire Dome Track	30 8-11am CURVES
31 1-2pm Snowshoe Hike	1 Go for a walk anytime at Hampshire Dome Track	2 9-11am CURVES 6:30-8:30pm BIGGEST LOSER	3 5:45-6:45pm Fitness Bootcamp	4 5:00-6:00pm 6:00-7:00pm YOGA	5 Go for a walk anytime at Hampshire Dome Track	6 8-11am CURVES
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ARCHERY – Learn the basic skills of archery.

CARDIO STEP – Perfect for improving cardiovascular fitness & muscle tone. Bring water, steps are supplied.

CURVES of Milford – Show your BIGGEST LOSER card and gain access to the Circuit.

DODGEBALL – Dive, dodge and duck! Not your ordinary workout but it gets your moving!

FITNESS BOOTCAMP – Cardio cross training & strength exercises for all levels. Bring sneakers, mat and water.

INDOOR CYCLING – Souhegan Cycleworks lets you ride on trainers, must have own road bike, trainers supplied.

KICKBOXING – Focusing on simple combinations that will make you sweat! Finish up with abs and a great butt workout.

SNOWSHOE HIKE – Jan 31st meetup Hitchiner Town Forest Trail – park on Mason Rd./Feb 14th meetup Souhegan River Trail. Snowshoe rentals available from EMS or Peabody Mill Environmental Center.

YOGA – Discover poses that create strength and flexibility. All ability levels welcome. Bring yoga mat.

TRACK – Show your BIGGEST LOSER card and gain access to the indoor track at the Hampshire Dome.