BONUS WORKOUTS

Earn 5 points for each bonus workout attended.

Your chance to collect an additional 135 points!

Firley Y – 525 Ellis Blvd. • **Knowles Y** – 424 Stadium • **Hartsfield Y** – 3507 Amazonas

DATE(s)	TIME	WORKOUT	PLACE
January 2	10 a.m.	Basics of Nutrition with Jessica	Hartsfield MPR
January 4–7		Meet with your home trainer two times	
January 9	12 p.m.	Weights with Dalton	Hartsfield SPT
January 13	6 p.m.	Climbing Wall	Firley Climbing Wall
January 16	12 p.m.	Weights with Dalton	Hartsfield SPT
January 17	3 p.m.	Pickleball	Firley MPR Courts
January 18	7:15 a.m.	Cardio H20 Water Fitness	Knowles Indoor Pool
January 20	11:15 a.m.	Mid-Day Aqua Motion Water Fitness	Knowles Indoor Pool
January 22	10 a.m.	Workout with Leslie	Hartsfield MPR
January 23	12 p.m.	Weights with Dalton	Hartsfield SPT
January 27	6 p.m.	Climbing Wall	Firley Climbing Wall
January 30	12 p.m.	Weights with Dalton	Hartsfield SPT
February 6	10 a.m.	Counting Macros with Jessica	Hartsfield MPR
February 6	12 p.m.	Weights with Dalton	Hartsfield SPT
February 7	3 p.m.	Pickleball	Firley MPR Courts
February 8	6 p.m.	Deepwater Water Fitness	Knowles Indoor Pool
February 10	6 p.m.	Deepwater Water Fitness	Knowles Indoor Pool
February 12	10 a.m.	Workout with Leslie	Hartsfield MPR
February 13	12 p.m.	Weights with Dalton	Hartsfield SPT
February 17	6 p.m.	Climbing Wall	Firley Climbing Wall
February 20	12 p.m.	Weights with Dalton	Hartsfield SPT
February 27	12 p.m.	Weights with Dalton	Hartsfield SPT
March 1	7:15 a.m.	Cardio H20 Water Fitness	Knowles Indoor Pool
March 3	6 p.m.	Climbing Wall	Firley Climbing Wall
March 3	11:15 a.m.	Mid-Day Aqua Motion Water Fitness	Knowles Indoor Pool
March 6	12 p.m.	Weights with Dalton	Hartsfield SPT
March 13	9 a.m.	Luck of the Irish 5K	Downtown Jefferson City