



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 |
|---|--|--|---|--|--|---|
| 28-Feb | 1 | 2 | 3 | 4 | 5 | 6 |
| Kick-Off Event (9-11:30 am) Weight Loss Challenge Weigh-in,9am-5pm | Weight Loss Challenge Weigh-in,9am-9pm Enjoy More Fruits & Vegetables,7pm | Killing Stress: Maximizing Lifestyle/Nutrition,10am Fit After Sixty,11am Yoga Basics, 7pm | Strength & Core,11am Your Immune System: Hacks Post-Covid,7pm | Total Body Conditioning,10:30am Tai Chi-Modified,11am Time Too Savor,5:30pm, FEE Circuit Training,7pm | FREE Fridays at the Rec Anti- Cancer Lifestyle,9:30am Fit Hub Orient.10am,1pm,6pm Battlefield Nerf,FEE | Eating/Living Optimal Health,9am Time Too Savor,10:30am, FEE Dive in Movie Night,5pm,FEE |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| Yoga Basics, 1pm Family Climb Class,3pm | Break the Pop Habit!,10am Fit After Fifty,11:30am Reducing Food Waste,7pm | Circuit Training,10:30am Water Exercise,12pm Butts & Guts,7pm | Zumba,9:30am Time Too Savor,5:30pm, FEE Killing Stress: Maximizing Lifestyle/Nutrition,7pm | Your Immune System: Hacks Post-Covid,10am Yoga Basics, 5pm Strength & Core,7pm | FREE Fridays at the Rec Pilates Basics, 11:30am Time Too Savor,3:30pm, FEE Kids Yoga (Ages 5 & up),5pm | Nutritional Counseling Basics,9am Time Too Savor,10:30am, FEE Family Climb Class,6pm |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| Family Climb Class,3pm | Yoga Basics,10:30am Eating for a Healthy Weight,7pm | Fit After Fifty,11am Total Body Conditioning,7pm | Benefits Mediterranean Diet,9am Positivity in Adversity, 6pm Time Too Savor,3:30pm, FEE | Circuit Training,10am Positivity in Adversity,11am Pilates Basics, 12pm Zumba,6pm | FREE Fridays at the Rec Fit Hub Orient.10am,1pm,6pm Time Too Savor,3:30pm, FEE Kids Night Out,6pm ,FEE | Time Too Savor,10:30am, FEE Yoga Basics, 2pm Open Climb(Ages 6 & up) 6pm |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| Open Climb (Ages 6 & up) 3pm | Tai Chi 101,11am Reduce Sugar/ Vegetarian Tips,7pm | Butts & Guts,10am Cardio Strength,12pm Yoga Basics, 7pm | Eating/Living Optimal Health,9am Zumba Tone,5pm Anti- Cancer Lifestyle,7pm | Yoga Basics, 10:30am Water Exercise,12pm Pilates Basics, 5pm | FREE Fridays at the Rec Break the Pop Habit!,10am Kids Yoga (Ages 5 & up),5pm Total Body Conditioning,6pm | Benefits Mediterranean Diet,9am Bunny Brunch,11am,FEE |
| 28 | 29 | 30 | 31 | | | |
| Open Climb (Ages 6 & up) 3pm | Fit After Fifty,11am Eating on the Run,7pm | Fit After Sixty,11am Circuit Training,7pm | Zumba,9:30am Total Body Conditioning,12pm Break the Pop Habit!, 7pm Pilates Basics, 8pm | | | |



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April

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|---|--|--|---|--------------------------------|
| | | | | 1 | 2 | 3 |
| | | | | Butts & Guts, 10am Zumba, 6pm | FREE Fridays at the Rec Yoga Basics, 11am Cardio Strength, 6pm | Egg Hunt, 12pm |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| EASTER CENTER CLOSED | Total Body Conditioning, 11am Zumba, 7pm | Tai Chi-101, 10:30am Water Exercise, 12pm Circuit Training, 7pm | Fit After Fifty, 10am Strength & Core, 12pm Pilates Basics, 8pm | Circuit Training, 11am Yoga Basics, 5pm Total Body Conditioning, 7pm | FREE Fridays at the Rec Pilates Basics, 11:30am Battlefield Nerf, FEE | Open climb(Ages 6 & up) 6pm |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| Weight Loss Challenge Weigh-in, 9am-5pm | Weight Loss Challenge Weigh-in, 9am-9pm Tai Chi-101, 11am Butts & Guts, 7pm | Fit After Fifty, 11:30am Yoga Basics, 7pm | Zumba, 9:30am Circuit Training, 12pm Are You Living Mindfully, 6pm | Are You Living Mindfully, 11am Pilates Basics, 5pm | FREE Fridays at the Rec Fit After Fifty, 10am Total Body Conditioning, 12:30pm Kids Night Out, 6pm, FEE | Yoga Basics, 2pm |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| Spring Open House 12pm, FEE | Yoga Basics, 10:30am Strength & Core, 7pm | Butts & Guts, 10:30am Water Exercise, 12pm Total Body Conditioning, 7pm | Fit After Sixty, 10am Zumba Tone, 5pm Cardio Strength, 7pm | Strength & Core, 10am Pilates Basics, 12pm Zumba, 6pm | FREE Fridays at the Rec Tai Chi-Modified, 10am Kids Yoga (Ages 5 & up), 5pm Strength & Core, 6pm | Open climb(Ages 6 & up) 6pm |
| 25 | 26 | 27 | 28 | 29 | 30 | 1-May |
| Yoga Basics, 1pm | Fit After Sixty, 11am Zumba, 7pm | Cardio Strength, 10am Yoga Basics, 7pm | Zumba, 9:30am Butts & Guts, 12pm Pilates Basics, 8pm | Strength & Core, 10am Water Exercise, 12pm Yoga Basics, 5pm Circuit Training, 7pm | FREE Fridays at the Rec Cardio Strength, 10am Kids Yoga (Ages 5 & up), 5pm | Yoga Basics, 2pm |



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| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|---|---|---|---|--------------------------------|
| 2-May | 3 | 4 | 5 | 6 | 7 | 8 |
| Open climb(Ages 6 & up) 3pm | Circuit Training, 11am Butts & Guts,7pm | Tai Chi 101,11am Yoga Basics,7pm | Total Body Conditioning,11am Zumba Tone,5pm Cardio Strength,7pm | Butts & Guts,10:30am Water Exercise,12pm Pilates Basics,5pm | FREE Fridays at the Rec Cardio Strength,10am Pilates Basics, 11:30am Battlefield Nerf, FEE | Yoga Basics, 2pm |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| Weight Loss Challenge Weigh-in,9am-5pm | Weight Loss Challenge Weigh-in,9am-9pm Fit After Sixty,11am Zumba,8pm | Strength & Core.10:30am Water Exercise,12pm Total Body Conditioning,7pm | Zumba,9:30am Circuit Training, 12pm Pilates Basics, 8pm | Fit After Fifty,11:30am Yoga Basics, 5pm Strength & Core, 7pm | FREE Fridays at the Rec Butts & Guts,10am Kids Yoga (Ages 5 & up),5pm Circuit Training,6pm | Open climb(Ages 6 & up) 6pm |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| Open climb(Ages 6 & up) 3pm | Yoga Basics,10:30am Cardio Strength,7pm | Fit After Fifty,10am Strength & Core.12pm Yoga Basics,7pm | Tai Chi Modified, 10am Butts & Guts,7pm | Circuit Training,10:30am Pilates Basics,12pm Zumba, 6pm | FREE Fridays at the Rec Yoga Basics,11am Kids Night Out,6pm , FEE | Open climb(Ages 6 & up) 6pm |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| Yoga Basics,1pm | Tai Chi 101,10am Butts & Guts,12pm Zumba,8pm | Total Body Conditioning,11am Circuit Training,7pm | Zumba,9:30am Cardio Strength,12pm Pilates Basics, 8pm | Strength & Core,11am Water Exercise,12pm Yoga Basics, 5pm | FREE Fridays at the Rec Fit After Sixty,10am Kids Yoga (Ages 5 & up),5pm Total Body Conditioning,6pm | Yoga Basics, 2pm |
| 30 | 31 | | | | | |
| Open climb(Ages 6 & up) 3pm | Fit After Fifty,11am Strength & Core,7pm | | | | | |



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| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|-----------|---|---|--|--|--|
| | | 1 | 2 | 3 | 4 | 5 |
| | | Circuit Training, 10:30am Total Body Conditioning, 7pm | Zumba, 9:30am Strength & Core, 12pm Pilates Basics, 8pm | Butts & Guts, 11am Water Exercise, 12pm Yoga Basics, 5pm | FREE Fridays at the Rec Pilates Basics, 11:30am Cardio Strength, 6pm | Weight Loss Challenge Weigh-in, 9am-8pm |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| Last Day Weight Loss Challenge Weigh-in, 9am-5pm | | | | | | |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| | | | | | | |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| | | | | | | |
| 27 | 28 | 29 | 30 | | | |
| | | | | | | |