November Commit2Fit Free Activities

Free Fitness Towel Giveaway!*
Must be Registered to Participate!

*Pick up at the Community Center while supplies last.

COMMIT2FIT WOODLAND ASK ME!

www.C2FWoodland.org

***Must be 14 years or older unless otherwise noted.**

= Youth/Teen Activity

55+ = Senior Activity

♀ = Ladies Only

Sun	Mon	Tue	Wed	Thu	Fri	Sat
WITH SELF-DISCIPLINE MOST ANYTHING IS POSSIBLE. - THEODORE ROOSEVELT -		1 8:45a Morning Spin @ Cross Court 6:30p Yoga @ the YMCA	2 2:30p Pedal Power! – Bike skills and bike ride @ Woodside park. Bring bike and helmet. 5p Kaia @ Kaia F.I.T. ♀	3 9a Arm Day @ The Max 5:30p Zumba @ YMCA	4 5a Cardio Kickbox @ The Max ♀ 12p Kaia @ Kaia F.I.T. 5p Arms Workout w/ Amy @ Cross Court	5 10a EvoFiit educational seminar & Workout @ Fitness Evolution
6 10a Lap Swim @ C.B. Swim Center 12p Public Skate @ Norcal Indoor Sports	7 55+ 9a Senior Fitness w/ Lori @ Cross Court 11:30a Beginning Fitness @ the YMCA	8 6p Nutrition Class: Be Sugar Savvy! @ the Community Center. 5:30p I Kan Run @ Southland Park (across from Oasis)	9 ♀ 10:30a Low Impact Circuit @ Oasis 12:15p Tai Chi @ YMCA 8p Cardio @ The Max	10 ♀ 5:30p Ladies Hockey Class @ Norcal Indoor 7p Leg Day @ The Max	11 3p Martial Arts @ Kuk Sool Won (ages 7+) 7p Public Skate @ Norcal Indoor Sports	12 9a-12p BIKE CLINIC @ Bike Garage - FREE Bike Clinic w/ Safety Inspect. 8a I Kan Run @ South-land Park (across from Oasis)
13 10a Aqua Aerobics @ C.B. Swim Center 11a Kids Martial Arts @ Kuk Sool Won (ages 4-6)	14 9:30a Badminton @ the Community Center 11a Adult Martial Arts @ Kuk Sool Won 5:30p UJAM @ Cross Court	15 6a Indoor Cycle Butts & Guts @ the YMCA 4:15p Kaia @ Kaia F.I.T. ♀	16 ♀ 9:10a Yoga @ Oasis 11a Adult Martial Arts @ Kuk Sool Won	17 11a Water Aerobics @ Cross Court 5:30p Extreme Training w/ Amy @ Cross Court	18 7:30p Middle School Skate Night @ Norcal Indoor Sports. Middle & High School Students Only	19 10a KIDICAL MASS Family Bike Ride @ Bike Garage 7p Drop-in Basketball @ the Community Center
20 10a Lap Swim @ C.B. Swim Center 12p Public Skate @ Norcal Indoor Sports	21 ♀ 6:50p UJAM @ Oasis 5p Learn to Skate @ Norcal Indoor 8p Cardio @ The Max	22 9:30a Pickleball @ the Community Center 5:30p Spin / Christy @ Cross Court	23 55+ 9a Walk for Fitness w/ Lori @ Cross Court 6:05p Cross Fitness @ the YMCA	24 8a RUNNING OF THE TURKEYS 5k run/walk- Must register & pay fee for this event @ run-ningoftheturkeys.org	25 55+ 9a Ultimate Interval @ Cross Court 7p Public Skate @ Norcal Indoor Sports	26 10a EvoFiit educational seminar & Workout @ Fitness Evolution 7p Drop-in Basketball @ the Community Center
27 8:30a Cardio @ The Max 10a Aqua Aerobics @ C.B. Swim Center	28 ♀ 6a Kaia @ Kaia F.I.T. 5p Learn to Skate @ Norcal Indoor 7:05p Zumba @ YMCA	29 6a Arm Workout @ The Max ♀ 8:05a Pilates @ Oasis 3p Martial Arts @ Kuk Sool Won (ages 7+)	30 6p Batting Cages @ Norcal Indoor Sports 6p Cardio @ The Max			

Group Exercise Activity Locations

Bike Garage First St. & Hays St.
C.B. Swim Center 155 N. West St.
The Community Center 2001 East St.
Cross Court Athletic Club 433 W. Cross St.
Kaia F.I.T. 1240 Commerce Ave. Suite D
Fitness Evolution 120 Main St.
Kuk Sool Won 618 Cottonwood St.
The Max 2000 E. Main St.
Norcal Indoor Sports 1460 Tanforan Ave.
Oasis Club and Spa 1317 College St.
Premier Chiropractic 426 College St.

The YMCA 2001 East St.-->**Offering unlimited 30-day pass to registrants!!!**

Commit2Fit Challenge Fitness Log

C2FIT RULES

1. Register at www.C2FWoodland.org to participate.
2. Receive 1 raffle ticket for at least 30 minutes of independent workout. Self initialed.
3. Receive 2 tickets for every C2Fit FREE ACTIVITIES with instructor initials.
4. Submit this log for raffle tickets at the C2Fit Event on December 1 @ 6pm @ the Community Center

C2FIT SPONSORS

Nov.	Commit2Fit Calendar Activity	Independent Activity (30 Minutes minimum)	Instructor/Self Initials
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