

SEPTEMBER

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

22	23	24	25	26	27	28
Week 1	Labor Day	Home Workout Workout #1	Rest Day	Home Workout Workout #2		Family Activity Challenge Go on a Family Walk
29	30	1	2	3	4	5
Week 2	Home Workout Workout #1	Rest Day	Gym Workout Workout #1	Rest Day	Home Workout Workout #2	Family Activity Challenge 10K Step Goal Day
6	7	8	9	10	11	12
Week 3	Home Workout Workout #1	Rest Day	Gym Workout Workout #1	Bonus Points: Go to a Group Fitness Class	Home Workout Workout #2	Bonus Points: Family Circuit Class 9:00 AM-10:00 AM
13	14	15	16	17	18	19
Week 4	Home Workout Workout #1	Rest Day	Gym Workout Workout #1	Rest Day	Bonus Points: Go to a Group Fitness Class	Family Activity Challenge Fun Day!
20	21	Last Day to turn in Challenge Results				

Family Fitness Challenge

OCTOBER

WEEKLY CALENDAR

WEEK 1

	TUESDAY	THURSDAY	SATURDAY
	Home Workout	Home Workout	Family Challenge
Possible Points For This Week <ul style="list-style-type: none"> With kid(s) participation: 31 points Without participation: 19 points 	Parents: <ol style="list-style-type: none"> Punch Rotation Starfish Crunch Leg Lift > Squat > Leg Lift Glute Bridge on Heels Kickstand RDL (Both Legs) Kids: <ol style="list-style-type: none"> Punch Rotation Starfish Crunch Leg Lift > Squat > Leg Lift 	Parents: <ol style="list-style-type: none"> Alt. Leg Curl Jumping jacks Glute Bridge Squat > Calf Rise Reverse Crunch Kids: <ol style="list-style-type: none"> Alt. Leg curl Jumping Jacks Glute Bridge 	<p>This week's Family Fitness Challenge is a Family Walk. Grab the kids and critters and venture outside! The distance is up to you, we ask that you snap a photo of your walk as proof.</p> <p>And above all, enjoy this quality time together with your family.</p>
Points Obtained This Week:	Follow along with a video of the listed workouts here:	Follow along with a video of the listed workouts here:	

WEEK 2

	MONDAY	WEDNESDAY	FRIDAY	SATURDAY
	Home Workout	Home Workout	Home Workout	Family Challenge
Possible Points For This Week <ul style="list-style-type: none"> With kid(s) participation: 39 points Without participation: 30 points 	Parents: <ol style="list-style-type: none"> Wall Sit Heel Taps (Penguins) Squat Into a Calf Rise Glute Bridge w/ Single Leg Lower Push Up>Plank Down Kids: <ol style="list-style-type: none"> Wall Sit Heel Taps (Penguins) Squat Into Tip Toes 	Parents: <ol style="list-style-type: none"> Weighted Step Ups Walk Outs w/ Platform Mountain Climbers Bicep Curl > Alt Hammer Curl Front Raise > Lateral Raise Kids: <ol style="list-style-type: none"> Weighted Step Ups Walk Outs w/ Platform Mountain Climbers 	Parents: <ol style="list-style-type: none"> Monster Walk Tricpe Dip Bear crawl Mountain Climbers Explosive Push Ups Kids: <ol style="list-style-type: none"> Monster Walk Crab Walk Bear Crawl 	<p>This week for our Family fit Challenge we have a 10k step goal.</p> <p>As a family we challenge you to get a combined 10k steps as a family and if able to take a picture of your smart watches or step counters and show us your journey!</p>
Points Obtained This Week:	Follow along with a video of the listed workouts here:	Follow along with a video of the listed workouts here:	Follow along with a video of the listed workouts here:	

WEEK 3

	MONDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Home Workout	Home Workout	Bonus Opportunity	Home Workout	Bonus Opportunity
Possible Points For This Week <ul style="list-style-type: none"> • With kid(s) participation: 64 points • Without participation: 55 points 	Parents: <ol style="list-style-type: none"> 1. Side Laying Leg Raises W/ Pulses 2. Burpee 3. Wide Stance (Sumo) Squat 4. Oblique Plank 5. Glute Bridge On Toes (Quad Focused) Kids: <ol style="list-style-type: none"> 1. Side Laying Leg Raises 2. Modified Burpee 3. Wide Squat 	Parents: <ol style="list-style-type: none"> 1. Shoulder Press With Alt. Punches 2. Pilates Ring Squeeze 3. Crunch Twist 4. Curtsy Lunge > Squat > Curtsy Lunge 5. Lateral Lunge Kids: <ol style="list-style-type: none"> 1. Shoulder Press Or Raise The Roof 2. Pilates Ring Squeeze 3. Crunch Twist 	<p>This week we have a Bonus Opportunity to earn some extra points. This involves attending a group fitness class at the YMCA. Be adventurous any class will do!</p> <p>We ask that you check age limits for the classes if your littles will be joining.</p> <p>After you are done please take a picture with your instructor for proof to gain those extra points.</p>	Parents: <ol style="list-style-type: none"> 1. Crunch 2. Single Leg Calf Rise 3. Windmill With Knee Ups + Squat 4. Bird Dog 5. Donkey Kick W/ Fire Hydrant Kids: <ol style="list-style-type: none"> 1. Crunch 2. Single Leg Balance 3. Windmill 	<p>This week we have a 2nd Bonus opportunity!</p> <p>This opportunity consist of you and your family coming to the YMCA from 9am-10am and participating in a Family Circuit class lead by Kara.</p> <p>This class will be fun for the whole family, Kara loves to smile so remember to take a picture with her.</p>
Points Obtained This Week:	Follow along with a video of the listed workouts here:	Follow along with a video of the listed workouts here:		Follow along with a video of the listed workouts here:	

WEEK 4

	MONDAY	WEDNESDAY	FRIDAY	SATURDAY
	Home Workout	Home Workout	Bonus Opportunity	Family Challenge
Possible Points For This Week <ul style="list-style-type: none"> • With kid(s) participation: 51 points • Without participation: 45 points 	Parents: <ol style="list-style-type: none"> 1. Arm Circle Rotation 2. Scissor Kicks 3. Rdl 4. Squat W/ Rotaional Press 5. Lateral Lunges Kids: <ol style="list-style-type: none"> 1. Arm Circle Rotation 2. Scissor Kicks 3. Reach For Toes 	Parents: <ol style="list-style-type: none"> 1. Pilates Ring Dead Bug 2. Banded Triceps Extension 3. Banded Shoulder Press 4. Pilates Ring Squeeze 5. Pilates Ring Single Leg Push Down/Leg Lower Kids: <ol style="list-style-type: none"> 1. Dead Bug 2. Crab-Kick 3. Scarecrow 	<p>This week we have a Bonus Opportunity to earn some extra points. This involves attending a group fitness class at the YMCA. Be adventurous any class will do!</p> <p>We ask that you check age limits for the classes if your littles will be joing.</p> <p>After you are done please take a picture with your instcutor for proof to gain those extra points.</p>	<p>This week's Family Challenge is a Fun Day. Meaning you have control of what you do. Anything that gets you and your family moving.</p> <p>Ex: basketball, bike ride, hike or go swimming.</p> <p>As always we ask you take a picture of you and your family after for proof and can't wait to see what you chose.</p>
Points Obtained This Week:	Follow along with a video of the listed workouts here:	Follow along with a video of the listed workouts here:		