

Medical Fitness Week

(May 5th – 12th)

BINGO

Wed 4pm HIIT & Core w/ Tina	Schedule a 30 min review w/ a Personal Trainer	Ask an ES about a new piece of Equipment	Thu 10am Proactive Aging w/ Lynn	30 sec plank or modified plank
500m on the rowing machine	Wed 4pm Gentle Yoga w/ Lynn	3 Check-Ins for the Week	15 min on the Treadmill/Elliptical	Tues 5pm Spin Speed w/ Andrea
Attend HealthFit Monthly Education "Postural Awareness; Why Good Posture Matters"	Tues 10am Total Body Tone w/ Flora	FREE SPACE	1 min on the Ski Machine	Complete 10,000 Steps
Tues 8am Body Barre w/ Andrea	Nutrition Counseling w/ RD Danielle Cotting	15 min on the Nutstep/Recumbent Bike	Personal Training Session	500m of the Airdyne
10 Push-ups or 10 Squats	5 Check-Ins for the Week	Push the tank 3 court lengths	Mon 6pm Spin w/ Larry	Tell a staff member a funny joke

Instructions

1. Have any staff member sign off on your square when completed
2. Complete 5 squares vertically, horizontally or diagonally and you have BINGO
3. Donate to Neuro Challenge Foundation, get BINGO and receive a Medical Fitness Week T-shirt!