

February 2017 uFit Challenge Schedule

			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16 Biometric Screens	17 Biometric Screens	18
19 3-5pm uFit Challenge kickoff meeting at Lifetime	20	21	22 5:30-7:00pm Begin class at Urbandale Hy- Vee	23 5:45 – 6:45pm Biometric Screen data review <i>Location TBD</i>	24	25
26	27	28 6-7pm Eggstravaganza w/ Kim & Heath UHS Home Ec room				

March 2017 uFit Challenge Schedule

			1 5:30-6:30pm Begin class	2	3	4
5 Walk Sunday or Monday with Jayme – Time TBD	6	7 5:30-6:30pm Begin class (Attend 3/7 or 3/8)	8 5:30-6:30pm Begin class Light dinner/social hour after class	9	10	11
12	13	14	15 SPRING BREAK No <i>Begin class</i>	16	17	18
19	20 6:00pm Good and Cheap with Kim & Heath UHS rm. 105	21	22 5:30-6:30pm Begin class	23	24	25 Walk with Jayme – Location/Time TBD

April 2017

uFit Challenge Schedule

26	27 6:30pm Book Club at Emily's house	28	29 5:30-6:30pm Begin class	30 6:30pm Smoothie Demo with Katie at Urbandale City Hall	31	1
2	3	4 5:30pm Strong by Zumba Class SweatFIT	5 5:30-6:30pm Begin class	6	7	8
9 Bike Event at BikeWorld – Time TBD	10	11	12 5:30-6:30pm Begin class	13	14	15 8am Aqua class at Lifetime with Emily
16 <i>Easter</i>	17	18	19 5:30-6:30pm Begin class Light dinner/social hour after class	20 Walk with Bobbi, Location/Time TBD	21	22
23 2:30pm Yoga with Ashley at SweatFIT	24	25	26 5:30-6:30pm Begin class	27	28	29
30						

May 2017

uFit Challenge Schedule

	1	2	3 5:30-6:30pm <i>Begin class</i>	4	5	6 UCAN Spring Cleanup, time TBD
7 Mayor's Bike Ride - TBD	8 6:30 pm - Recipe Exchange, City Hall with Kristi	9	10 5:30 pm uFit challenge 5k at Lakeview Park	11	12	13
14 Mother's Day	15	16	17 5:30 pm uFit Challenge Finale	18	19	20

Event descriptions

Biometric Screen Data Review - (2/23) Join Jessica, Registered Dietitian, to learn about and interpret your biometric screen data. Event is at Urbandale City Hall (3600 86th Street).

Eggstravaganza (2/28). Join Heath and Kim for a demonstration of an easy, quick, high-protein breakfast that will start your day off right! Event will be held at the Urbandale High School (7111 Aurora Avenue) Home Ec. classroom (off the commons area - main entry, and to the right).

Good and Cheap – (3/20). Attendees will each receive a copy of Good and Cheap by Leanne Brown, a beautiful cookbook with recipes that describe how you can eat delicious, nutritious food for \$4/day. We will make selected recipes and sample. Event will be held at the Urbandale High School (7111 Aurora Avenue) foods classroom (room 105; main entry, left to the Social Studies hallway).

Walks – (various). Join a uFit committee member for a walk suitable for any level. Family and friends welcome! Time/location details to follow.

Book club – (3/27). Have you read a book, article, or heard a news story lately that related to nutrition, fitness, or a positive outlook? Bonus points for those backed by rigorous scientific research! Bring copies to share at Emily's house - 3916 78th St, Urbandale.

Smoothie demo – (3/30). Join Katie to learn about how to make nutritious and delicious smoothies. Event will be held at Urbandale City Hall (3600 86th Street) in the large conference room.

Strong by Zumba class at SweatFIT – (4/4) Join Julia at SweatFIT (3975 100th Street) for a cardio and strength interval workout set to energizing music. Bring a water bottle and sweat towel.

Bike World – (4/9) Want to learn more about cycling and the Urbandale/Des Moines cycling community? Join Steve at Bike World's Urbandale Store (6901 Douglas Avenue), where a cycling expert will provide valuable information about bicycles, accessories, safety, local trails and other interesting topics.

Aqua class with Emily – (4/15). Join Emily for a water fitness class at LifeTime, perfect for non-swimmers. Class description: You don't have to dive in or even swim to enjoy the pool's benefits. Experience safe resistance for a wonderful workout that's great for the fit, pregnant, overweight or joint-sensitive participant.

Yoga at SweatFIT – (4/23). Join Ashley, teacher at SweatFIT, for a gentle yoga class just for uFit Challengers. Designed to introduce beginners to the practice – no prior yoga experience needed. Bring water and wear comfortable clothing. Event will be held at SweatFIT, Twin Eagles Plaza, 3975 100th Street, Urbandale.

Recipe Exchange – (5/8) Put your new knowledge of health and wellness to work! Bring a dish and copies of the recipe you made to share with the uFit Challengers. Event held at Urbandale City Hall (3600 86th Street)

uFit Challenge 5k – (5/10). Join the uFit committee, your fellow Challenge participants, and your families to celebrate everyone's success! This will be our "wrap-up" 5k walk/run. Lakeview Park is located at 79th and Aurora, just west of Urbandale Middle School – parking available at the school or ride your bike to get your blood flowing! We will meet at the park shelter on the north side of the pond.

UCAN Spring Cleanup – (TBD). This is a great opportunity to give back to the Urbandale community and get some exercise! Volunteer for a morning to help less able-bodied fellow Urbandale residents clean up their yards for spring. More details and signup to follow.