

◀ Dec 2017		January 2018					Feb 2018 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	1 New Year's Day					6	
7	8					13	
14	15 Martin Luther King					20	
21	22	23	24 6:00-9:00: Kick-off/Icebreaker and "Paperwork Party" at UPL (Meeting Room B) Attending: Committee	25 Biometric Screens TBD	26 Biometric Screens TBD	27 Biometric Screens TBD	
28 2-4pm uFit Kickoff at Lifetime	29 Biometric Screens TBD	30 Biometric Screens TBD	31 5:30pm – 7pm Begin Class at Urbandale Hy-Vee				

Contact the uFit Committee at ufit@urbandalenetwork.org

◀ Jan 2018		February 2018					Mar 2018 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
				1	2 Groundhog Day	3	
4 Super Bowl	5	6	7 5:30pm Begin Class at City Hall, Large Conference Room (3600 86 th Street)	8	9	10	
11 Mall Walk/Massage Heights Event – Merle Hay Mall Attending: Bobbi L.	12	13 5:30pm – Grocery Tour at Hy-Vee	14 Valentine's Day No Begin	15 5:30pm – Grocery Tour at Hy-Vee	16	17	
18	19 Presidents Day	20	21 5:30pm-6:30pm Begin Class at Hy- Vee	22	23 Possible event at athletic shoe store	24	
25	26	27	28 5:30pm-6:30pm Begin Class at Hy- Vee				

◀ Feb 2018		March 2018					Apr 2018 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
				1	2	3 8am Aqua Class at Lifetime Attending: Lynette	
4	5 6 p.m. - Cooking Demonstration Class (Oats, Eggs and Smoothies!) Urbandale Home Ec Classroom (confirmed) Attending: Bobbi	6	7 5:30pm-6:30pm Begin Class at Hy-Vee	8	9	10 entering Spring Break – no events	
11 Daylight Saving Begins <i>Spring Break Week – This week, instead of an event, try something physical you’ve never tried before. Tell us about it (or write it in your journal) and you’ll earn 10 points!</i>	12	13	14 No Begin Class	15	16	17 Saint Patrick's Day	
18 finishing Spring Break – no events	19 “Information Exchange”– books, apps, websites, meal planning, etc. Attending: Bobbi	20 Spring Begins	21 5:30pm-6:30pm Begin Class at Hy-Vee	22	23	24	
25 Bike World Event 4:30-6pm (need to confirm) Attending: Steve	26	27	28 5:30pm-6:30pm Begin Class at Hy-Vee	29	30 Good Friday Easter weekend – no events	31 Easter weekend – no events	

◀ Mar 2018		April 2018					May 2018 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
1 Easter	2	3	4 5:30pm-6:30pm Begin Class at Hy-Vee	5	6	7 TBD – Outside walk (possibly on the west side of Urbandale on the WCRP trail) Attending: Jayme	
8	9 6:30pm SweatFIT Yoga (3975 100 th Street) Attending: Katie	10	11 5:30pm-6:30pm Begin Class at Hy-Vee	12	13	14	
15	16	17	18 5:30pm uFIT Challenge 5K at Lakeview Park	19	20	21 UCAN Spring Cleanup – Optional Event, 8am to Noon TBD	
22 Earth Day	23	24	25 5:30pm uFIT Challenge Finale/Potluck/Recipe Exchange at City Hall Attending: Committee	26	27	28	
29	30						

Event Descriptions

Date	Title/Description	uFit Committee member attending
February 11	Mall Walk/Massage Heights Event – Merle Hay Mall – After Bobbi’s walk at Merle Hay Mall, join Doug Dollison, owner of Massage Heights inside Merle Hay Mall, to learn about the benefits of massage. Get a free chair massage and post-walk stretch during the event. Walk begins at TIME; meet at LOCATION	Bobbi
March 3	Aqua Fit Class at Lifetime, 8am in the pool – Meet the group at Lifetime for a water fitness class, 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.	Lynette
March 5	Oats, Eggs & Smoothies – breakfast ideas and demonstration, Urbandale High School Home Ec Classroom. Join Katie and Rhonda to learn about how to make nutrition and delicious options for breakfast! Time: 6 p.m.	Katie, Rhonda
March 19	Information Exchange Conversation – books, apps, websites, meal planning, etc. Do you have a favorite app? Read a favorite book or website? Discuss information related to nutrition, fitness or a positive outlook. Bring copies to share. Time and place TBD.	Bobbi
March 25 – to be confirmed	Bike World Event, Douglas Avenue – meet with staff and learn about different types of bikes and helmets, basic bicycle maintenance and safety. Learn about the Central Iowa bike trails.	Steve
April 7 – to be confirmed	Outdoor walk - Walnut Creek Regional Park Trail – Join Jayme for a walk suitable for any level. Family and friends welcome.	Jayme
April 9 (confirmed)	Yoga at SweatFIT, 3975 100 th Street, Urbandale – Join Ashley, instructor at SweatFIT, for a gentle yoga class; designed to introduce beginners to the practice; no prior experience needed! Bring water and wear comfortable clothing.	Katie
April 18	5K challenge, Lakeview Park	Committee
April 21 – to be confirmed	Optional Spring Cleanup event with UCAN	
April 25	Finale/Potluck/Recipe Exchange – Put your knowledge of health and wellness to work! Bring a dish and copies of the recipe you made to share with fellow Challengers.	Committee