

# Your Personal 40 Days of Fitness Calendar

## Week \_\_\_\_\_

Improve your health with our 40 Days of Fitness Challenge! For the next 10 weeks (February 19-April 27), we challenge you to stay physically active at least **4 days a week**. Simply print this calendar each week to track your progress and don't forget to turn it in to Greg Sommers [gsommers@dccd.edu](mailto:gsommers@dccd.edu) to receive a free prize (one per person)!

### Monday

- Daily Swim**  
5:30-6:30 a.m.  
Natatorium \$1.50
- Camp Gladiator**  
6-7 a.m.  
Soccer Field
- Basketball**  
11 a.m.-12:20 p.m.  
Gym, Rm. F113
- Lunch Power Hour**  
11:30 a.m.-12:30 p.m.  
Weight Rm. F106
- Daily Swim**  
11:30 a.m.-2 p.m.  
Natatorium \$1.50
- Functional Fitness**  
5:15-6:15 p.m.  
Weight Rm. F106
- Dance Aero. & Yoga**  
6-8 p.m.  
Gym, Rm. F105
- Camp Gladiator**  
6:30-7:30 p.m.  
Soccer Field
- Other:**

### Tuesday

- Daily Swim**  
5:30-6:30 a.m.  
Natatorium \$1.50
- Camp Gladiator**  
6-7 a.m.  
Soccer Field
- Daily Swim**  
11:30 a.m.-2 p.m.  
Natatorium \$1.50
- Camp Gladiator**  
5-6 p.m.  
Soccer Field
- Camp Gladiator**  
6:15-7:15 p.m.  
Soccer Field
- Other:**

### Wednesday

- Daily Swim**  
5:30-6:30 a.m.  
Natatorium \$1.50
- Basketball**  
11 a.m.-12 p.m.  
Gym, Rm. F113
- Lunch Power Hour**  
11:30 a.m.-12:30 p.m.  
Weight Rm. F106
- Daily Swim**  
11:30 a.m.-2 p.m.  
Natatorium \$1.50
- Yoga**  
1-2:15 p.m.  
Dance Studio,  
Rm. P250
- Functional Fitness**  
5:15-6:15 p.m.  
Weight Rm. F106
- Dance Aero. & Yoga**  
6-8 p.m.  
Gym, Rm. F105
- Camp Gladiator**  
6:30-7:30 p.m.  
Soccer Field
- Other:**

### Thursday

- Daily Swim**  
5:30-6:30 a.m.  
Natatorium \$1.50
- Camp Gladiator**  
6-7 a.m.  
Soccer Field
- Daily Swim**  
11:30 a.m.-2 p.m.  
Natatorium \$1.50
- Camp Gladiator**  
5-6 p.m.  
Soccer Field
- Camp Gladiator**  
6:15 p.m.-7:15 p.m.  
Soccer Field
- Other:**

### Friday

- Daily Swim**  
5:30-6:30 a.m.  
Natatorium \$1.50
- Lunch Power Hour**  
11:30 a.m.-12:30 p.m.  
Weight Rm. F106
- Daily Swim**  
11:30 a.m.-2 p.m.  
Natatorium \$1.50
- Nature Walk/Jog**  
12:30 p.m.-1:30 p.m.  
Subway canopy (start)
- Other:**

