


2025 Healthy Active Challenge Calendar

Monday, 2025-01-27 CE to Saturday, 2025-03-01 CE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Fruit and Veggie week 1 point per serving of fruit or vegetables, snacks included</p>	<p>27 January Wake up at the YMCA Use the entire gym, shower, change and get to work/school. 5-8am 5-8am</p>	<p>28 Tech Rec FREE! Jan. 28th Feb. 4th Check out The Tech Rec Center</p>	<p>29 Use a Fitness App of your choice</p>	<p>30</p>	<p>31 Crockpot Meals Tacos (Turkey or Vegan) First floor of the CU, outside of the Basic Needs Hub 11-1pm</p>	<p>1 February Adult Learn to Swim YMCA 4-5pm</p>
<p>2 Leafy Greens week 2 pts per serving</p>	<p>3 Crockpot Meals Italian Wedding Soup The HUB (CU First Floor) 11-1pm</p>	<p>4 Wake up Yoga Tech Rec 7am</p>	<p>5 Tai Chi for Beginners Studio B YMCA 9:10-10am Wall Pilates TEAMS or in person 3-4pm</p>	<p>6 Learn to Lap Swim YMCA 2-3pm</p>	<p>7 Simon's Strength Training & Conditioning 9-10am Open Lap Swim YMCA 6:45—7:45pm</p>	<p>8 Ai-Chi (Tai Chi in the water) YMCA Sleeping problems, check out this class 4pm</p>
<p>9 Alternative protein week Combine bean w/rice, tofu or try making seitan. 2 pts per serving</p>	<p>10 Yoga + Pilates Tech Rec 9-10am Zumba YMCA 6:30-7:30pm Reservations required for both classes</p>	<p>11</p>	<p>12 Yoga + Pilates Tech Rec 9-10am Zumba YMCA 6:30-7:30pm Reservations required for both classes</p>	<p>13 Office Chair Yoga (Classic style) TEAMS— 11am</p>	<p>14 Improve your Swimming strokes. YMCA 3-4pm</p>	<p>15</p>
<p>16 Eat squash week Check out our smoothies recipes and get 2 points every time you eat squash</p>	<p>17 Crockpot Meals Apple Pie Oatmeal The HUB 7-8:30am Swim Fitness Guided Workout 6:45-7:45pm</p>	<p>18 Aqua Bootcamp Shallow Water YMCA 6:45-7:45pm</p>	<p>19 Beginner Flow Yoga YMCA Studio A 4:30-5:30PM</p>	<p>20</p>	<p>21 Intro to Water Polo YMCA 3-4pm</p>	<p>22 Family Swim YMCA Designed for students, faculty and staff with children. Come and Play 4-5pm</p>
<p>23 Set nutritional goal week Count calories, go low sodium, reduce your caffeine intake. Make your goal have meaning for you</p>	<p>24 Simon's Strength Training & Conditioning 5:15-6:15pm A very popular class</p>	 <p>Oregon TECH Integrated Student Health Center</p>		<p>27 Deep Water Aerobics YMCA 6:45-7:45</p>	<p>28 Let's Celebrate!! Strawberry Dump Cake Basic Needs HUB (CU First Floor) 3-4pm</p>	<p>1 March Go out with a Splash Open Swim 4-5pm</p>
<p>FREE 7 Day YMCA Trial Membership</p>						

