

60 DAY HOLIDAY FITNESS CHALLENGE

CHINO VALLEY YMCA

Group Exercise Class Schedule: www.weymca.org

			DAY 1 WEDS 11/1 <input type="checkbox"/> 1 Squat <input type="checkbox"/> 1 Lunge <input type="checkbox"/> 1 Push Up <input type="checkbox"/> 1 Sit Up <input type="checkbox"/> Yoga Class	DAY 2 THURS 11/2 <input type="checkbox"/> 2 Squats <input type="checkbox"/> 2 Lunges <input type="checkbox"/> 2 Push Ups <input type="checkbox"/> 2 Sit Ups <input type="checkbox"/> Walk 1 Mile	DAY 3 FRI 11/3 <input type="checkbox"/> 3 Squats <input type="checkbox"/> 3 Lunges <input type="checkbox"/> 3 Push Ups <input type="checkbox"/> 3 Sit Ups <input type="checkbox"/> Stretch Class	DAY 4 SAT 11/4 <input type="checkbox"/> 4 Squats <input type="checkbox"/> 4 Lunges <input type="checkbox"/> 4 Push Ups <input type="checkbox"/> 4 Sit Ups <input type="checkbox"/> Zumba Class
DAY 5 SUN 11/5 <input type="checkbox"/> 5 Squats <input type="checkbox"/> 5 Lunges <input type="checkbox"/> 5 Push Ups <input type="checkbox"/> 5 Sit Ups <input type="checkbox"/> Walk 1 Mile	DAY 6 MON 11/6 <input type="checkbox"/> 6 Squats <input type="checkbox"/> 6 Lunges <input type="checkbox"/> 6 Push Ups <input type="checkbox"/> 6 Sit Ups <input type="checkbox"/> Yoga Class	DAY 7 TUES 11/7 Rest Day	DAY 8 WEDS 11/8 <input type="checkbox"/> 8 Squats <input type="checkbox"/> 8 Lunges <input type="checkbox"/> 8 Push Ups <input type="checkbox"/> 8 Sit Ups <input type="checkbox"/> 15-Min Arm Workout	DAY 9 THURS 11/9 <input type="checkbox"/> 9 Squats <input type="checkbox"/> 9 Lunges <input type="checkbox"/> 9 Push Ups <input type="checkbox"/> 9 Sit Ups <input type="checkbox"/> Aquafit Class	DAY 10 FRI 11/10 <input type="checkbox"/> 10 Squats <input type="checkbox"/> 10 Lunges <input type="checkbox"/> 10 Push Ups <input type="checkbox"/> 10 Sit Ups <input type="checkbox"/> Walk 1.5 Miles	DAY 11 SAT 11/11 <input type="checkbox"/> 11 Squats <input type="checkbox"/> 11 Lunges <input type="checkbox"/> 11 Push Ups <input type="checkbox"/> 11 Sit Ups <input type="checkbox"/> Yoga Class
DAY 12 SUN 11/12 <input type="checkbox"/> 12 Squats <input type="checkbox"/> 12 Lunges <input type="checkbox"/> 12 Push Ups <input type="checkbox"/> 12 Sit Ups <input type="checkbox"/> Walk 1.5 Miles	DAY 13 MON 11/13 <input type="checkbox"/> 13 Squats <input type="checkbox"/> 13 Lunges <input type="checkbox"/> 13 Push Ups <input type="checkbox"/> 13 Sit Ups <input type="checkbox"/> Yoga or Rehab Exercise Class	DAY 14 TUES 11/14 Rest Day	DAY 15 WEDS 11/15 <input type="checkbox"/> 15 Squats <input type="checkbox"/> 15 Lunges <input type="checkbox"/> 15 Push Ups <input type="checkbox"/> 15 Sit Ups <input type="checkbox"/> Barbell Class	DAY 16 THURS 11/16 <input type="checkbox"/> 16 Squats <input type="checkbox"/> 16 Lunges <input type="checkbox"/> 16 Push Ups <input type="checkbox"/> 16 Sit Ups <input type="checkbox"/> Aquafit Class	DAY 17 FRI 11/17 <input type="checkbox"/> 17 Squats <input type="checkbox"/> 17 Lunges <input type="checkbox"/> 17 Push Ups <input type="checkbox"/> 17 Sit Ups <input type="checkbox"/> Walk 2 Miles	DAY 18 SAT 11/18 <input type="checkbox"/> 18 Squats <input type="checkbox"/> 18 Lunges <input type="checkbox"/> 18 Push Ups <input type="checkbox"/> 18 Sit Ups <input type="checkbox"/> Yoga Class
DAY 19 SUN 11/19 <input type="checkbox"/> 19 Squats <input type="checkbox"/> 19 Lunges <input type="checkbox"/> 19 Push Ups <input type="checkbox"/> 19 Sit Ups	DAY 20 MON 11/20 <input type="checkbox"/> 20 Squats <input type="checkbox"/> 20 Lunges <input type="checkbox"/> 20 Push Ups <input type="checkbox"/> 20 Sit Ups <input type="checkbox"/> Yoga Class	DAY 21 TUES 11/21 Rest Day	DAY 22 WEDS 11/22 <input type="checkbox"/> 22 Squats <input type="checkbox"/> 22 Lunges <input type="checkbox"/> 22 Push Ups <input type="checkbox"/> 22 Sit Ups <input type="checkbox"/> Walk 2 Miles	DAY 23 THURS 11/23 Thanksgiving Day <input type="checkbox"/> 23 Squats <input type="checkbox"/> 23 Lunges <input type="checkbox"/> 23 Push Ups <input type="checkbox"/> 23 Sit Ups	DAY 24 FRI 11/24 <input type="checkbox"/> 24 Squats <input type="checkbox"/> 24 Lunges <input type="checkbox"/> 24 Push Ups <input type="checkbox"/> 24 Sit Ups	DAY 25 SAT 11/25 <input type="checkbox"/> 25 Squats <input type="checkbox"/> 25 Lunges <input type="checkbox"/> 25 Push Ups <input type="checkbox"/> 25 Sit Ups <input type="checkbox"/> Aquafit Class
DAY 26 SUN 11/26 <input type="checkbox"/> 26 Squats <input type="checkbox"/> 26 Lunges <input type="checkbox"/> 26 Push Ups <input type="checkbox"/> 26 Sit Ups <input type="checkbox"/> Walk 2 Miles	DAY 27 MON 11/27 <input type="checkbox"/> 27 Squats <input type="checkbox"/> 27 Lunges <input type="checkbox"/> 27 Push Ups <input type="checkbox"/> 27 Sit Ups <input type="checkbox"/> Rehab Exercise Class	DAY 28 TUES 11/28 Rest Day	DAY 29 WEDS 11/29 <input type="checkbox"/> 29 Squats <input type="checkbox"/> 29 Lunges <input type="checkbox"/> 29 Push Ups <input type="checkbox"/> 29 Sit Ups <input type="checkbox"/> Yoga Class	DAY 30 THURS 11/30 <input type="checkbox"/> 30 Squats <input type="checkbox"/> 30 Lunges <input type="checkbox"/> 30 Push Ups <input type="checkbox"/> 30 Sit Ups <input type="checkbox"/> Step Cardio Class	 	

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**DAY 31
FRI 12/1**

- 31 Squats
- 31 Lunges
- 31 Push Ups
- 31 Sit Ups
- Barbell Class

**DAY 32
SAT 12/2**

- Participate in the Reindeer Romp 5K at the Chino Valley YMCA!

www.runchino.com

<p>DAY 33 SUN 12/3</p> <ul style="list-style-type: none"> ○ 33 Squats ○ 33 Lunges ○ 33 Push Ups ○ 33 Sit Ups ○ Walk 2 Miles 	<p>DAY 34 MON 12/4</p> <ul style="list-style-type: none"> ○ 34 Squats ○ 34 Lunges ○ 34 Push Ups ○ 34 Sit Ups ○ Cardio Class 	<p>DAY 35 TUES 12/5</p> <p>Rest Day</p>	<p>DAY 36 WEDS 12/6</p> <ul style="list-style-type: none"> ○ 36 Squats ○ 36 Lunges ○ 36 Push Ups ○ 36 Sit Ups ○ Walk 2.5 Miles 	<p>DAY 37 THURS 12/7</p> <ul style="list-style-type: none"> ○ 37 Squats ○ 37 Lunges ○ 37 Push Ups ○ 37 Sit Ups ○ Core Workout 	<p>DAY 38 FRI 12/8</p> <ul style="list-style-type: none"> ○ 38 Squats ○ 38 Lunges ○ 38 Push Ups ○ 38 Sit Ups ○ 20 Minute Arm Workout 	<p>DAY 39 SAT 12/9</p> <ul style="list-style-type: none"> ○ 39 Squats ○ 39 Lunges ○ 39 Push Ups ○ 39 Sit Ups ○ 20 Minute Leg Workout
<p>DAY 40 SUN 12/10</p> <ul style="list-style-type: none"> ○ 40 Squats ○ 40 Lunges ○ 40 Push Ups ○ 40 Sit Ups ○ Walk 3 Miles 	<p>DAY 41 MON 12/11</p> <ul style="list-style-type: none"> ○ 41 Squats ○ 41 Lunges ○ 41 Push Ups ○ 41 Sit Ups ○ Rehab Exercise Class 	<p>DAY 42 TUES 12/12</p> <p>Rest Day</p>	<p>DAY 43 WEDS 12/13</p> <ul style="list-style-type: none"> ○ 43 Squats ○ 43 Lunges ○ 43 Push Ups ○ 43 Sit Ups ○ Aquafit Class 	<p>DAY 44 THURS 12/14</p> <ul style="list-style-type: none"> ○ 44 Squats ○ 44 Lunges ○ 44 Push Ups ○ 44 Sit Ups ○ Step Cardio Class 	<p>DAY 45 FRI 12/15</p> <ul style="list-style-type: none"> ○ 45 Squats ○ 45 Lunges ○ 45 Push Ups ○ 45 Sit Ups ○ Barbell Class 	<p>DAY 46 SAT 12/16</p> <ul style="list-style-type: none"> ○ 46 Squats ○ 46 Lunges ○ 46 Push Ups ○ 46 Sit Ups ○ Yoga Class
<p>DAY 47 SUN 12/17</p> <ul style="list-style-type: none"> ○ 47 Squats ○ 47 Lunges ○ 47 Push Ups ○ 47 Sit Ups ○ Walk 3 Miles 	<p>DAY 48 MON 12/18</p> <ul style="list-style-type: none"> ○ 48 Squats ○ 48 Lunges ○ 48 Push Ups ○ 48 Sit Ups ○ Strength Class 	<p>DAY 49 TUES 12/19</p> <p>Rest Day</p>	<p>DAY 50 WEDS 12/20</p> <ul style="list-style-type: none"> ○ 50 Squats ○ 50 Lunges ○ 50 Push Ups ○ 50 Sit Ups ○ Stretch Class 	<p>DAY 51 THURS 12/21</p> <ul style="list-style-type: none"> ○ 51 Squats ○ 51 Lunges ○ 51 Push Ups ○ 51 Sit Ups ○ Aquafit Class 	<p>DAY 52 FRI 12/22</p> <ul style="list-style-type: none"> ○ 52 Squats ○ 52 Lunges ○ 52 Push Ups ○ 52 Sit Ups ○ Barbell Class 	<p>DAY 53 SAT 12/23</p> <ul style="list-style-type: none"> ○ 53 Squats ○ 53 Lunges ○ 53 Push Ups ○ 53 Sit Ups ○ Yoga Class
<p>DAY 54 SUN 12/24 Christmas Eve</p> <ul style="list-style-type: none"> ○ 54 Squats ○ 54 Lunges ○ 54 Push Ups ○ 54 Sit Ups 	<p>DAY 55 MON 12/25 Christmas Day</p> <ul style="list-style-type: none"> ○ 55 Squats ○ 55 Lunges ○ 55 Push Ups ○ 55 Sit Ups 	<p>DAY 56 TUES 12/26</p> <p>Rest Day</p>	<p>DAY 57 WEDS 12/27</p> <ul style="list-style-type: none"> ○ 57 Squats ○ 57 Lunges ○ 57 Push Ups ○ 57 Sit Ups ○ Rehab Exercise Class 	<p>DAY 58 THURS 12/28</p> <ul style="list-style-type: none"> ○ 58 Squats ○ 58 Lunges ○ 58 Push Ups ○ 58 Sit Ups ○ MetaFit Class 	<p>DAY 59 FRI 12/29</p> <ul style="list-style-type: none"> ○ 59 Squats ○ 59 Lunges ○ 59 Push Ups ○ 59 Sit Ups ○ Stretch Class 	<p>DAY 60 SAT 12/30</p> <ul style="list-style-type: none"> ○ 60 Squats ○ 60 Lunges ○ 60 Push Ups ○ 60 Sit Ups ○ Yoga Class