

## March Fitness Challenge

Please take advantage of as many activities as possible for this month. We are encouraging you to try physical activities you maybe haven't before and have the opportunity to now.

Individual goal: To complete as many activities as possible to earn a BINGO! Reminder only **ONE ACTIVITY PER DAY** will count towards your BINGO card, even if you participate in multiple. We highly encourage you to try as many as you wish though.

Incentive: You must complete a BINGO (vertical, horizontal, and/or diagonal) to meet the minimal requirements for the incentive program..

### Windom Area Fitness Classes

The drop-in rate per class or facility visit will be \$4 for City employees during March and April. The first group class is always free! When attending a class or using a day pass for the facility, let them know you are a City of Windom employee.

Daily passes must be obtained during staffed hours 8am-6pm.

Windom Area Health offers a variety of classes. The March Calendar is linked below. For more information on classes visit <https://windomareahospital.com/windom-area-health-fitness/>

**Need a ideas for weight training - check out these workouts on [Darebee.com](https://www.darebee.com)**

| <b>B</b>   | <b>I</b>  | <b>N</b>   | <b>G</b>  | <b>O</b>  |
|--|---|--|---|---|
| <p><b>4th</b><br/>30 Minure <b>Walk</b></p> <p><b>Weight Training</b></p> <p><u>WAH&amp;Fitness Class</u><br/>Gentle Yoga 4:15P<br/>Power Row 5:15P<br/>TKD 6:45P</p> <p>Walleyball 5:30pm (arena)</p> <p>Challenge your kids to a game of tag</p>                           | <p><b>5th</b><br/>30 Minure <b>Walk</b></p> <p><u>WAH&amp;Fitness Class</u><br/>Zumba 5P</p> <p>Racquetball 5:30pm</p> <p>Go snowshoeing</p> <p>Play a outdoor game with your kids</p>                                  | <p><b>6th</b><br/>30 Minure <b>Walk</b></p> <p><b>Pickleball</b> 6-8pm (HS)<br/><b>Adult Open Gym</b> 7-9pm (HS)</p> <p><u>WAH&amp;Fitness Class</u><br/>Fit Row 5:45A<br/>Power Row 5:45P<br/>TKD 6:45P</p> <p><b>Weight Training</b></p>   | <p><b>7th</b><br/>30 Minure <b>Walk</b></p> <p><u>WAH&amp;Fitness Class</u><br/>Boot Camp 6A<br/>Strength 4:15P<br/>Fit Mash-Up 5P</p> <p>Racquetball 5:30pm</p> <p>Do a fitness video</p> <p>Do 30 minutes of Cardio</p> | <p><b>8th</b><br/>30 Minure <b>Walk</b></p> <p><b>Weight Training</b></p> <p><u>WAH&amp;Fitness Class</u><br/>Fit Row 5:45A<br/>Open Yoga 10A<br/>Power Row 5P</p> <p>Do a HIIT workout</p>   |
| <p><b>11</b><br/>30 Minure <b>Walk</b></p> <p><b>Weight Training</b></p> <p><u>WAH&amp;Fitness Class</u><br/>Boot Camp 6A<br/>Gentle Yoga 4:15P</p> <p>Walleyball 5:30pm (arena)</p> <p>Do a fitness video</p>   | <p><b>12th</b><br/>30 Minure <b>Walk</b></p> <p><u>WAH&amp;Fitness Class</u><br/>Boot Camp 6A<br/>Strength 4:15P<br/>Fit Mash-Up 5P</p> <p>Racquetball 5:30pm</p> <p>Have a Dance Party with your kids</p>              | <p><b>13th</b><br/>30 Minure <b>Walk</b></p> <p><b>Pickleball</b> 6-8pm (HS)<br/><b>Adult Open Gym</b> 7-9pm (HS)</p> <p><u>WAH&amp;Fitness Class</u><br/>Fit Row 5:45A<br/>Power Row 5:45P<br/>TKD 6:45P</p> <p>Go for a walk with your family</p>                                    | <p><b>14th</b><br/>30 Minure <b>Walk</b></p> <p><u>WAH&amp;Fitness Class</u><br/>Boot Camp 6A<br/>Strength 4:15P<br/>Fit Mash-Up 5P</p> <p>Racquetball 5:30pm</p> <p>Challenge your kids to a game of tag</p>             | <p><b>15<sup>th</sup></b><br/>30 Minure <b>Walk</b></p> <p><b>Weight Training</b></p> <p><u>WAH&amp;Fitness Class</u><br/>Fit Row 5:45A<br/>Open Yoga 10A<br/>Power Row 5P</p> <p>Challenge someone in your family to see who can do a wall sit and planks longer</p> |
| <p><b>18th</b><br/>30 Minure <b>Walk</b></p> <p><b>Weight Training</b></p> <p><u>WAH&amp;Fitness Class</u><br/>Boot Camp 6A<br/>Gentle Yoga 4:15P<br/>Power Row 5:15P<br/>TKD 6:45P</p> <p>Walleyball 5:30pm (arena)</p> <p>Have a nerf gun fight with your kids/spouse.</p> | <p><b>19th</b><br/>30 Minure <b>Walk</b></p> <p><u>WAH&amp;Fitness Class</u><br/>Boot Camp 6A<br/>Strength 4:15P<br/>Fit Mash-Up 5P</p> <p>Go for a bike ride</p> <p>Do 2-3 min mini workouts during TV commercials</p> | <p><b>20th</b><br/>30 Minure <b>Walk</b></p> <p><b>Pickleball</b> 6-8pm (HS)<br/><b>Adult Open Gym</b> 7-9pm (HS)</p> <p><u>WAH&amp;Fitness Class</u><br/>Fit Row 5:45A<br/>WIM 6:15A<br/>Power Row 5:45P<br/>TKD 6:45P</p> <p>Play game outside with your family</p>                  | <p><b>21st</b><br/>30 Minure <b>Walk</b></p> <p><u>WAH&amp;Fitness Class</u><br/>Boot Camp 6A<br/>Zumba 5P</p> <p>Jump Rope for 15 minutes</p> <p>Racquetball 5:30pm</p> <p>Have a Dance Party with your kids</p>         | <p><b>22nd</b><br/>30 Minure <b>Walk</b></p> <p><b>Weight Training</b></p> <p><u>WAH&amp;Fitness Class</u><br/>Fit Row 5:45A<br/>Open Yoga 10A<br/>Power Row 5P</p> <p><b>Do a fitness video</b></p>  |
| <p><b>25<sup>th</sup></b><br/>30 Minure <b>Walk</b></p> <p><b>Weight Training</b></p> <p><u>WAH&amp;Fitness Class</u><br/>Boot Camp 6A<br/>WIM 6:15A<br/>Gentle Yoga 4:15P<br/>TKD 6:45P</p> <p>Walleyball 5:30pm (arena)<br/>Play at the playground</p>                     | <p><b>26<sup>h</sup></b><br/>30 Minure <b>Walk</b></p> <p><u>WAH&amp;Fitness Class</u><br/>Boot Camp 6A<br/>S. Sneakers 10A<br/>Zumba 5P</p> <p>Racquetball 5:30pm</p> <p><b>Do a fitness video</b></p>                 | <p><b>27<sup>th</sup></b><br/>30 Minure <b>Walk</b></p> <p><b>Pickleball</b> 6-8pm (HS)<br/><b>Adult Open Gym</b> 7-9pm (HS)</p> <p><b>Weight Training</b></p> <p><u>WAH&amp;Fitness Class</u><br/>Fit Row 5:45A<br/>WIM 6:15A<br/>Open Yoga 10A<br/>Power Row 5:45P<br/>TKD 6:45P</p> | <p><b>28th</b><br/>30 Minure <b>Walk</b></p> <p><u>WAH&amp;Fitness Class</u><br/>Boot Camp 6A<br/>Strength 4:15P<br/>Fit Mash-Up 5P</p> <p>Racquetball 5:30pm</p> <p>Play The Floor is Lava with your kids</p>            | <p><b>29th</b><br/>30 Minure <b>Walk</b></p> <p><b>Weight Training</b></p> <p><u>WAH&amp;Fitness Class</u><br/>Fit Row 5:45A<br/>Open Yoga 10A<br/>Power Row 5P</p> <p>Go for a Hike in the Environmental Center</p>  |

