

# January 2018

<p>Week 1 events open for Early Registrants</p>	<p><b>1</b></p> <p><b>Weigh Ins</b></p>	<p><b>2</b></p> <p><b>Weigh Ins</b></p>	<p><b>3</b></p> <p><b>Weigh Ins</b></p>	<p><b>4</b></p> <p><b>Weigh Ins</b></p>	<p><b>5</b></p> <p><b>Weigh Ins</b></p>	<p><b>6</b></p> <p><b>Doggone Great Idea</b> 9am   Cooperstown Rm HFM Wellness Center</p>
<p><b>7</b> Week 1, 2, &amp; 3 events open</p>  <p><b>Opening Ceremonies</b> 10am-2pm Manitowoc Senior Center</p>	<p><b>8</b></p> <p><b>National Guard Workout</b> 6pm   Two Rivers</p>	<p><b>9</b></p> <p><b>Reflection and Tea</b> 6pm   Lakeshore United Methodist Church</p>	<p><b>10</b></p> <p><b>Introduction to Strength Training</b> 6pm   Cooperstown Rm HFM Wellness Center</p>	<p><b>11</b></p> <p><b>Introduction to Strength Training</b> 10:15am   Jazzercise– York St</p> <p><b>Walking Clinic</b> 6pm &amp; 7pm   Cooperstown Rm HFM Wellness Center</p>	<p><b>12</b></p> <p><b>Doggone Great Idea</b> 6pm   Manitowoc Rm HFM Western Ave</p>	<p><b>13</b></p> <p><b>Walking Clinic</b> 9am &amp; 10am   Cooperstown Rm HFM Wellness Center</p> <p><b>Synchronized Floatation</b> 10am &amp; 11am HFM Wellness Center</p>
<p><b>14</b> Week 4 events open</p> <p><b>YMCA Day</b> RIPPED 9:30am   Gym 2 Pilates 10:30am   Studio Y Water Class 11:30am</p>	<p><b>15</b></p> <p><b>Intro to Meditation</b> 9am   Cooperstown Rm HFM Wellness Center + 6pm   Manitowoc Rm HFM Western Ave</p>	<p><b>16</b></p> <p><b>5 Habits of Healthy Eating</b> 6pm   Manitowoc Rm HFM Western Ave</p>	<p><b>17</b></p> <p><b>Introduction to Strength Training</b> 6pm   Cooperstown Rm HFM Wellness Center</p>	<p><b>18</b></p> <p><b>TR Fire Dept. Circuit Workout</b> 4:30pm &amp; 6pm   TR Fire Dept.</p>	<p><b>19</b></p> <p><b>Zumba</b> 5pm Manitowoc Senior Center</p>	<p><b>20</b></p> <p><b>Hiking with Jeff Edgar</b> 9am   Schuette Park</p> <p><b>Introduction to Strength Training</b> 9:15am   Jazzercise– York St</p>
<p><b>21</b> Week 5 events open</p> <p><b>Combo Body Pump/ Step</b> 8:30am &amp; 9:45am   Studio HFM Wellness Center</p>	<p><b>22</b></p> <p><b>Tai Chi</b> 6pm Manitowoc Senior Center</p>	<p><b>23</b></p> <p><b>Love Local</b> 6pm   Manitowoc Rm HFM Western Ave</p>	<p><b>24</b></p>	<p><b>25</b></p> <p><b>Restoration</b> 7pm   Studio HFM Wellness Center</p>	<p><b>26</b></p> <p><b>Planet Fitness Olympic Training Camp</b> 5:30am   Planet Fitness</p>	<p><b>27</b></p> <p><b>Snowshoe the Dunes</b> 9am, 10am &amp; 11am Woodland Dunes</p>
<p><b>28</b> Week 6 events open</p>	<p><b>29</b></p> <p><b>CrossFit Week</b> 6am &amp; 7pm CrossFit Manitowoc</p>	<p><b>30</b></p> <p><b>Fad Diets</b> 6pm   Manitowoc Rm HFM Western Ave</p>	<p><b>31</b></p> <p><b>CrossFit Week</b> 6am &amp; 7pm CrossFit Manitowoc</p>			

# February 2018

				<b>1</b> <b>Butts N Gutts</b> 7pm Manitowoc Senior Center	<b>2</b> <b>CrossFit Week</b> 6am & 7pm CrossFit Manitowoc	<b>3</b> <b>Group Power</b> 10:15am & 11:30am TR/Manitowoc YMCA
<b>4</b> Week 7 events open <b>YMCA SPINATHON</b> 9:15am & 10:15am TR/Manitowoc YMCA	<b>5</b> <b>SNOGA at the Dunes</b> 5pm   Woodland Dunes	<b>6</b> <b>National Guard Workout</b> 6pm   Two Rivers	<b>7</b> <b>"Do I have an eating disorder?"</b> 6:30pm   Manitowoc Rm HFM Western Ave	<b>8</b>	<b>9</b> <b>POUND</b> 5pm & 6pm Manitowoc Senior Center	<b>10</b> <b>Cooking Demo</b> 9am & 10am   Cooperstown Rm HFM Wellness Center  <b>HFM Mini-Tri</b> 11am   HFM Wellness Center
<b>11</b> Week 8 events open <b>Jazzercise Week</b> <a href="http://jcls.jazzercise.com/search">http://jcls.jazzercise.com/search</a>	<b>12</b> <b>Jazzercise Week</b> <a href="http://jcls.jazzercise.com/search">http://jcls.jazzercise.com/search</a>  <b>Intro to Meditation</b> 6:15pm   Manitowoc Rm HFM Western Ave	<b>13</b> <b>Jazzercise Week</b> <a href="http://jcls.jazzercise.com/search">http://jcls.jazzercise.com/search</a>  <b>C25k (Couch to 5k) Pep Talk</b> 5:15pm & 6:15 pm   YMCA	<b>14</b> <b>Jazzercise Week</b> <a href="http://jcls.jazzercise.com/search">http://jcls.jazzercise.com/search</a>	<b>15</b> <b>Jazzercise Week</b> <a href="http://jcls.jazzercise.com/search">http://jcls.jazzercise.com/search</a>	<b>16</b> <b>Jazzercise Week</b> <a href="http://jcls.jazzercise.com/search">http://jcls.jazzercise.com/search</a>	<b>17</b> <b>Jazzercise Week</b> <a href="http://jcls.jazzercise.com/search">http://jcls.jazzercise.com/search</a>  <b>Hiking with Jeff Edgar</b> 9am   Point Beach
<b>18</b> Week 9 events open <b>Planet Fitness Olympic Training Camp</b> 5:30am   Planet Fitness	<b>19</b> <b>Introduction to Strength Training</b> 6pm   Manitowoc Rm HFM Western Ave	<b>20</b> <b>Reflection and Tea</b> 6pm   Lakeshore United Methodist Church	<b>21</b> <b>Zumba</b> 5pm Manitowoc Senior Center	<b>22</b> <b>Restoration</b> 7pm   Studio HFM Wellness Center	<b>23</b> <b>BYOB: Bring your own Body</b> 5pm & 6pm Manitowoc Senior Center	<b>24</b> <b>Hockey Skills &amp; Drills</b> 5:30-7:30pm Manitowoc Ice Center
<b>25</b> Week 10 events open <b>Woodland Dunes Trail Explorers</b> 9am   Woodland Dunes	<b>26</b> <b>Indoor Ironman BEGINS</b>	<b>27</b> <b>Organic Tea/Coffee Party</b> 5:30pm & 6:30pm Manitowoc Rm HFM Western Ave	<b>28</b>			

# March 2018

				<b>1</b> <b>Butts N Gutts</b> 7pm Manitowoc Senior Center	<b>2</b> <b>Zumba</b> 5pm Manitowoc Senior Center	<b>3</b> <b>YMCA Swim Instruction</b> 8:45am & 9:15am   YMCA
<b>4</b> Week 11 events open <b>Synchronized Floatation</b> Noon   HFM Wellness Center	<b>5</b>	<b>6</b> <b>Fermentation Fest</b> 5:30pm & 6:30pm Manitowoc Rm HFM Western Ave	<b>7</b> <b>National Guard Workout</b> 6pm   Two Rivers	<b>8</b>	<b>9</b> <b>POUND</b> 5pm & 6pm Manitowoc Senior Center	<b>10</b> <b>Woodland Dunes Trail Explorers</b> 9am   Woodland Dunes  <b>HFM SPINATHON</b> 8:30am, 9:30am & 10:30am HFM Wellness Center
<b>11</b> Week 12 events open <b>HFM SPINATHON</b> 10am & 11am HFM Wellness Center	<b>12</b>	<b>13</b> <b>Reflection and Tea</b> 6pm   Lakeshore United Methodist Church	<b>14</b>	<b>15</b>	<b>16</b> <b>CX Worx/Kickboxing</b> 6pm   HFM Wellness Center	<b>17</b> <b>Hiking with Jeff Edgar</b> 9am   Cleveland Fischer Creek
<b>18</b> Week 13 events open <b>Laughter 'Luge'</b> 10am   YMCA  <b>Adventure Rock</b> 1-4pm   Milwaukee	<b>19</b> <b>'Back' to Business</b> 6pm   Manitowoc Rm HFM Western Ave	<b>20</b>	<b>21</b>	<b>22</b> <b>TR Fire Dept. Circuit Workout</b> 4:30pm & 6pm   TR Fire Dept.	<b>23</b> <b>Planet Fitness Olympic Training Camp</b> 5:30am   Planet Fitness	<b>24</b> <b>Curling</b> 10am Green Bay Curling Club
<b>25</b> Week 14 events open	<b>26</b> <b>Self Foot Massage</b> 9am   Cooperstown Rm HFM Wellness Center + 6pm   Manitowoc Rm HFM Western Ave	<b>27</b>	<b>28</b> <b>Indoor Ironman ENDS</b>	<b>29</b> <b>Restoration</b> 7pm   Studio HFM Wellness Center	<b>30</b>	<b>31</b> <b>Woodland Dunes Trail Explorers</b> 9am   Woodland Dunes  <b>Ironman Tracking Sheets Due</b> HFM Wellness Center   YMCA

# April 2018

<p><b>1</b> All Events Open</p>				<p><b>5</b>  <b>National Guard Workout</b>          6pm   Two Rivers</p>	<p><b>6</b>  <b>POUND</b>          5pm &amp; 6pm          Manitowoc Senior Center</p>	<p><b>7</b>  <b>Cardio Kickbox</b>          11am   YMCA  <b>TRX</b>          10:15am &amp; 11:15am   YMCA</p>
<p><b>8</b> All Events Open  <b>Hiking with Jeff Edgar</b>          1pm   Point Beach          Red Pine Trail</p>	<p><b>9</b>  <b>Tai Chi</b>          6pm          Manitowoc Senior Center</p>		<p><b>11</b>  <b>Woodland Dunes Trail Explorers</b>          5pm   Woodland Dunes</p>	<p><b>12</b>  <b>Foam Rolling</b>          7pm   Studio          HFM Wellness Center</p>	<p><b>13</b>  <b>Planet Fitness Olympic Training Camp</b>          5:30am   Planet Fitness</p>	<p><b>14</b>  <b>Lean on the Lakeshore C25k</b>          8am   YMCA</p>
<p><b>15</b>  <b>Weigh Outs</b>  <b>Nidra</b>          10am   Studio          HFM Wellness Center</p>	<p><b>16</b>  <b>Weigh Outs</b></p>	<p><b>17</b>  <b>Weigh Outs</b>  <b>Reflection and Tea</b>          6pm   Lakeshore United Methodist Church</p>	<p><b>18</b>  <b>Weigh Outs</b></p>	<p><b>19</b>  <b>Weigh Outs</b></p>	<p><b>20</b></p>	<p><b>21</b>    <b>LEAN on the LAKESHORE</b>  <b>Closing Ceremonies</b>          6pm-11pm          Lighthouse Inn Two Rivers</p>
<p><b>22</b></p>	<p><b>23</b></p>	<p><b>24</b></p>	<p><b>25</b></p>	<p><b>26</b></p>	<p><b>27</b></p>	<p><b>28</b></p>
<p><b>29</b></p>	<p><b>30</b></p>					