

BIGGEST LOSER CHALLENGE



Exercise

Nutrition

Monday- Weigh In Day			
7:30-8:30 am	Muscle Conditioning	11 am-2 pm: \$3 salad bar at McKenna Café!	
9-10 am	Cardio & More	12:00-12:30 pm	Nutrition Session
10-2 pm	Walking Track	4:30-5:00 pm	Nutrition Session
12:30-1:15 pm	Power Lunch Strength Training	5:00-5:30 pm	Nutrition Session
2:15-3 pm	Stretch & Balance (Ends May 30th)	5:30-6:00 pm	Nutrition Session
5:30-6:30 pm	Boot Camp	6:00-6:30 pm	Nutrition Session
6:30-7:30 pm	Boot Camp	6:30-7:00 pm	Nutrition Session
Tuesday- Weigh In Day			
8:15-9:15 am	Mind & Body	11 am-2 pm: \$3 salad bar at McKenna Café!	
9:30 am-2 pm	Walking Track		
11 am-Noon	Line Dancing (Ends May 30th)		
2:15-3 pm	Stretch & Balance (Ends May 30th)		
5:30-6:30 pm	Boot Camp		
6:30-7:30 pm	Boot Camp		
Wednesday- Weigh In Day			
7:30-8:30 am	Muscle Conditioning	7:30-8:00 am	Nutrition Session
9-10 am	Cardio & More	8:00-8:30 am	Nutrition Session
10-2 pm	Walking Track	8:30-9:00 am	Nutrition Session
12:30-1:15 pm	Power Lunch Strength Training	11 am-2 pm: \$3 salad bar at McKenna Café!	
2:15-3 pm	Stretch & Balance (Ends May 30th)	12:00-12:30 pm	Nutrition Session
5:30-6:30 pm	Boot Camp		
6:30-7:30 pm	Boot Camp		
Thursday			
8:15-9:15am	Mind & Body	11 am-2 pm: \$3 salad bar at McKenna Café!	
9:30 am-2 pm	Walking Track	2:00-2:30 pm	Nutrition Session
11 am-Noon	Line Dancing (Ends May 30th)	2:30-3:00 pm	Nutrition Session
5:30-6:30pm	Boot Camp	3:00-3:30 pm	Nutrition Session
6:30-7:30pm	Boot Camp	3:30-4:00 pm	Nutrition Session
Friday			
7:30-8:30am	Muscle Conditioning	11 am-2 pm: \$3 salad bar at McKenna Café!	
9-10 am	Cardio & More	12:00-12:30 pm	Nutrition Session
10-2 pm	Walking Track		
12:30-1:15 pm	Power Lunch Strength Training		
Saturday			
9-10 am	Boot Camp		
10-11 am	Mind & Body		
11 am-5 pm	Walking Track		

Get some fresh air! Check in at the New BraunFit desk and walk outside around the McKenna building. Seven laps equals two miles!

Remember to scan and sign in before every class and session to get credit!

Remember to attend 3 exercise classes per week to be eligible for the grand prize!

Remember to attend 1 nutrition session per week to be eligible for the grand prize!