

Special Offers

Winchester-Clark Co. Parks & Recreation

www.winchesterparksandrec.com

March 2nd-May 18th: Purchase a membership to Parks & Rec valid from date of purchase through May 18th. Membership includes full access to the facility & fitness classes. Cost: \$50

March 2nd- May 18th: Receive a discount on pre-registration for the Run For the Paws 5k. Must pre-register at www.RacesOnline.com by May 15th. Use code "wellness2016" for discount.

March 2nd-May 18th: Multiple free fitness classes.

Winchester YMCA

www.facebook.com/YmcaOfWinchester

March 2nd-May 18th: All Group Fitness Classes are free during the entire challenge plus 5 free visits. Make sure to bring your Challenge ID and check-in at the front desk. Membership discount available. For more info call (859) 744 9622. 645 Westmeade Dr.

CrossFit Strode Station

www.crossfitstrodestation.com

March 2nd-May 18th: Attend free Intro to CrossFit classes throughout the challenge on Mondays and Wednesdays at 6pm! For more info call (502) 694 0588. 4739 Rockwell Rd, Winchester, KY 40391

The Barre: A Fitness Boutique

www.thebarreky.com

March 2nd-May 18th: 7-day FREE trial! Sign-up online. Code: WELOVEYOU. For more info call 859 221 4957. 116 South Maple Street.

the OM place

www.theomplace.net

March 2nd-May 18th: Attend free yoga classes throughout the challenge on Mondays 6pm and Thursdays 4:30pm. For more info call 859 771 7277. 815 Quisenberry Lane, Winchester, KY 40391.

Weigh In Locations

Wednesdays

**Participants must weigh-in at the
same location each week.**

Winchester YMCA

5:30am-9pm

645 Westmeade Drive
(859) 744 9622

Winchester-Clark County Parks & Recreation

5:30am-9pm

15 Wheeler Avenue
(859) 744 9554

Clark County Health Department

8am-4:30pm

400 Professional Avenue
(859) 744 4482

Clark Clinic Medical Plaza

(Center for Rehabilitation)

8am-12pm/1pm-4pm

225 Hospital Drive
(859) 737 8454

Weigh Ins

March 2nd _____

March 9th _____

March 16th _____

March 23rd _____

March 30th _____

April 6th _____

April 13th _____

April 20th _____

April 27th _____

May 4th _____

May 11th _____

May 18th _____

To calculate % lost, subtract your final weight from your beginning weight. Divide that number by your beginning weight. Multiply by 100. Winners will be awarded based on the largest percentage of weight loss over 12 weeks. You must weigh in at least 9 out of 12 weeks to qualify for prizes. You must attend and record a minimum of 5 classes to be eligible for prizes. You must weigh-in at the same location.

Visit our website for a digital calendar of events!

www.CCActivityCoalition.com

2016

The Clark County
Activity Coalition
Presents



Name: _____

Classes & Activities

MARCH

- **Tuesdays Mar. 1 and 8, 9:00 - 11:00 am. or Thursdays, Mar. 3 and 10, 5:00 - 7:00 pm** *Wellness For You.* Learn about total body health and wellness. Pre-registration is required. March 1 & 8: Extension Office, 1400 Fortune Drive. March 3 & 10: Public Library. Call 745-3946 or clark.comm.ed@gmail.com to register.
- **Thursdays Mar. 3rd, 10th, 17th, 24th, & 31st 7:10pm.** *Zumba.* Free class at The Cairn. All levels welcome.
- **Thursdays Mar. 3rd, 10th, 17th, 24th, & 31st 6:30pm-7:30pm.** *Gentle Body Power.* Gentle and powerful at the same time because it uses the strength of all your muscle groups in the most coordinated and balanced way. Calvary Christian Church.
- **Mondays Mar. 7th, 14th, 21st, & 28th 6pm.** *Intro to CrossFit at CrossFit Strode Station.* The basis of our program and what you will be exposed to is GPP (general physical preparedness) using functional movements that translate to everyday life. We lift, run, throw, jump, sprint and variety of other fun activities. Facebook or call 502 694 0588. 4739 Rockwell Rd.
- **Mondays Mar. 7th, 14th, 21st, & 28th 6pm.** *Yoga at the OM place.* Emphasis is placed on the fundamental postures, core strength, balance, concentration and breath. Appropriate for men & women of all levels. Write “CCWC” next to your name on the sign-in sheets. 815 Quisenberry Ln. 859 771-7277.
- **Tuesdays Mar. 8th 12pm-1pm.** *Lunch and Learn.* Create Your Health Vision and Setting Goals based on the Mayo Clinic Model. Register at dayonewellness@gmail.com or call 859.771.6033. Protein Smoothies will be served for lunch or bring a bagged lunch. Space limited. Day One Wellness, 1520 Boonesboro Rd.
- **Tuesday Mar. 8th, 15th, 22nd, & 29th 7:10pm.** *Strength & Stretch.* Free class at The Cairn. All levels welcome.
- **Wednesdays Mar. 2nd, 9th, 16th, 23rd & 30th 6pm.** *Intro to CrossFit at CrossFit Strode Station.* See previous description.
- **Thursdays Mar. 3rd, 10th, 17th, 24th & 31st 4:30pm.** *OM Fit Class at the OM Place.* Low-impact, high-energy workout that combines agility, cardio, resistance training, and core work to build and tone muscle while burning fat and calories. Lose those unwanted pounds, tone, and improve your overall health. 815 Quisenberry Ln. 859 771-7277.

- **Thursday Mar. 10th 4:45pm-7pm.** *Clark Co. Library Resources at WCCPR.* See all the library has to offer including free digital access to health magazines and over 120 fitness DVDs available for rent. More info at www.clarkbooks.org. 15 Wheeler Ave.
- **Thursday Mar. 10th 5:30pm-6:30pm.** *Walk With a Doc.* What better way to start your weekend than on your feet making strides to help your heart and improving your general health to live longer! While you walk at your own pace, you'll have the opportunity to have questions answered by local physicians. 859 737-8564 WCCPR Walking Track.
- **Monday Mar. 14th 4:45pm-7pm.** *Clark Co. Library Resources at the YMCA.* See all the library has to offer including free digital access to health magazines and over 120 fitness DVDs available for rent. More info at www.clarkbooks.org. 645 Westmeade Dr.
- **Monday Mar. 14th 5:30pm.** *Guided Bicycle Tour.* Enjoy a leisurely bicycle ride through the alleys of Downtown Winchester. You may bring your own bicycle. Bicycles, helmets, and children's trailers are available on-site. If you are planning to borrow a bicycle, arrive 15min early so you can be properly fitted. 15 Wheeler Avenue.
- **Tuesday Mar. 15th 6-6:30pm or 7-7:30pm.** *Grocery Store Tour at Kroger.* Join a Registered Dietitian on a tour to learn how to make healthy food choices, save money, and read food labels to improve wellness. 10-person max. andrea.danley@sodexo.com or (859)737-8422.
- **Wednesday Mar. 16th 7pm.** *Introduction to Juicing.* Learn the benefits for Health and Detoxification. Call Full Circle Market at 859-744-3008 to register. Class size limited to 10.
- **Saturday Mar. 19th 10:30am.** *Weight-lifting training at WCCPR.* Learn basic moves utilizing free weights to build strength, rev up metabolism, increase bone density, and burn calories. Limited space. Pre-register at WCCPR or call 859 744 9554. 15 Wheeler Ave.
- **Monday Mar. 21st 6:15pm-8pm 6pm.** *Functional Movement Screenings .* Used to evaluate movement pattern quality for clients & athletes, identify weaknesses & imbalances noticeable & make the invisible visible. Learn whether you should train or correct each movement pattern. 15 Wheeler Ave. Provided by Kort Physical Therapy.
- **Tuesday Mar. 22nd 6:30pm.** *Weight-lifting training at WCCPR.* See past description. Pre-register: call 859 744 9554.
- **Tuesday Mar. 22nd 6pm-7pm.** *Simple Substitutions.* Meet with the CRMC Nutrition Team to learn how to substitute ingredients in everyday recipes. Fewer calories and you'll never taste the difference! Pre-Register: andrea.danley@sodexo.com or (859)737-8422.
- **Wednesday Mar. 23rd 7pm.** *How to Make Healthy Smoothies and Meal Replacement Shakes.* Call Full Circle Market at 859-744-3008 to register. Class size limited to 10.

- **Wednesday Mar. 30th 6pm.** *Healthy Meal Makeover.* In order to reduce body weight and reduce chronic disease risk, selecting, preparing and eating healthy meals is important. This class will provide a hands-on meal preparation (cooking). Pre-Register: jennifer.austin@uky.edu or call at 859-744-4682
- **Thursdays Mar. 31st 6pm.** *Healthy Eating 101.* Make healthy diet and lifestyle choices in a fast-paced, super-sized society. BCTC Winchester Campus at 2020 Rolling Hills Lane.

APRIL

- **Mondays April. 4th, 11th, 18th, & 25th 6pm.** *Intro to CrossFit at CrossFit Strode Station.* See March description.
- **Mondays April. 4th, 11th, 18th, & 25th 6pm.** *Yoga at the OM place.* See March description.
- **Monday April. 18th 4:45pm-7pm.** *Clark Co. Library Resources at WCCPR.* See March Description. 15 Wheeler Ave.
- **Wednesdays April. 6th, 13th, 20th, & 27th 6pm.** *Intro to CrossFit at CrossFit Strode Station.* See March description.
- **Thursdays April. 7th, 14th, 21st, & 28th. 4:30pm** *OM Fit Class at the OM Place.* See March description.
- **Thursdays April. 7th, 14th, 21st, & 28th 6:30pm-7:30pm.** *Gentle Body Power.* See March Description.
- **Saturday April. 9th 10am-10:30am or 10:30am-11am** *Grocery Store Tour at Kroger.* See March description.
- **Monday April 11th 5:30pm.** *Guided Bicycle Tour.* See March description. 15 Wheeler Avenue.
- **Wednesday April 13th 7pm.** *Intro to Juicing.* Learn the benefits for Health and Detoxification. Call Full Circle Market at 859-744-3008 to register, and each class will be limited to 10.
- **Thursday April 14th 5:30pm.** *Walk with a Doc.* While you walk at your own pace, you'll have the opportunity to ask questions to local physicians. Location: Lobby of the clinic. Rain location: WCCPR Walking Track. Info: (859) 737-8564 http://walkwithadoc.org
- **Tuesday April 19th 12:30pm.** *Main Street Mile.* The Main Street Mile can be completed in about 20 minutes and is a great way to experience the remarkable architecture in downtown Winchester. Meet at Bluegrass Heritage Museum. 217 S Main St.
- **Wednesday April 20th 7pm.** *How to Make Healthy Smoothies and Meal Replacement Shakes.* Call Full Circle Market at 859-744-3008 to register, and each class will be limited to 10. Fills up quickly!
- **Friday April. 22nd 11am-12pm.** *The Skinny on Good Nutrition.* Join us to learn about easy helpful nutrition tips for a successful lifestyle change. Taught by: Cara O'Neill at the Clark County Health Department.

- **Saturday April. 23rd 12:30pm-2pm.** *Swimming Workshop at WCCPR.* Learn more about exercising in the water. We will help you learn how to swim laps or make your swim strokes more refined. Proper swim attire, towel, water bottle, and goggles are recommended. All swimming abilities welcome. Email wccpr.programming@gmail.com with questions.

MAY

- **Monday May 9th 5:30pm.** *Guided Bicycle Tour.* See March description. 15 Wheeler Avenue.
- **Thursday May 12th 5:30pm.** *Walk with a Doc.* See April Description. http://walkwithadoc.org or call (859) 737-8564.
- **Sunday May 15th 2pm.** *4th Annual Run For The Paws 5k.* Join us at the BCTC Winchester Campus for a great run or walk to benefit the Clark County Animal Shelter. All registrations are online at www.RacesOnline.com. Please bring one item per racer to donate to the animal shelter. Code: wellness2016. Plan to arrive by 1:30pm. 859 744-9554.
- **Saturday May 21st 8am-12pm.** *Final Celebration.* Join us for a morning of activity and fun! Winners will be announced and prizes awarded. Mutliple guided bike tours beginning at 8am. Awards Ceremony 11am. Farmers Market on Depot Street.

Healthy Eating
Grace Coffee Cafe & Bakery
www.gracecoffeecafebakery.com Phone: 859 355 5851
740 Bypass Rd, Winchester, KY 40391
Healthy Eating Punch Card

Full Circle Market
www.fullcirclemarket.com Phone: 859-744-3008
240 Redwing Drive, Winchester, KY 40391
Discount Punch Card

Deb's Depot
www.debsdepot.com Phone: 859-355-5530
1 N Main St, Winchester, KY 40391
10% off Pork-loin & Specialty Salads

Cairn Coffee House
www.cairncoffee.com Phone: 859 737-2000
17 S Main St, Winchester, KY 40391
10% off Deli Sandwiches & Salads



Clark County Activity Coalition
#TheChallenge