

SCHEDULE OF EVENTS

PLEASE PRINT

WEEK 1

Monday, January 8 @ 6pm – Brannon Center
Kick off and Meet your Coach, Weigh In,
Measurements & Blood Pressure
Thursday, January 11 @ 6pm – Chisholm Elementary
Tonya, Boot Camp
Saturday, January 13 @ 8am – Chisholm Elementary
Cynthia, Boot camp

WEEK 2

Monday, January 15 @ 6pm – Brannon Center
Dr Christian Grause – Class
Thursday, January 18 @ 6pm – Chisholm Elementary
Bobbi, Cross Fit
Saturday, January 20 @ 8am – Chisholm Elementary
Susan, Mix Mash

WEEK 3

Monday, January 22 @ 6pm – Brannon Center
Kathie DeMarco, Pilates
Thursday, January 25 @ 6pm – Chisholm Elementary
Victor, SET
Saturday, January 27 @ 8am – Chisholm Elementary
Megan, HIIT

WEEK 4

Monday, January 29 @ 6pm – Brannon Center
Shushanna, Yoga
Thursday, February 1 @ 6pm – Chisholm Elementary
Tonya, Boot camp
Saturday, February 3 @ 8am – Riverside Park
Walk the Loop

WEEK 5

Monday, February 5 @ 6pm – Brannon Center
Rhonda Donahoo, Tai Chi
Thursday, February 8 @ 6pm – Chisholm Elementary
Bo, Boot Camp
Saturday, February 10 @ 8am – Football Stadium
Tonya - Outdoor Activity

WEEK 6

Monday, February 12 @ 6pm – Brannon Center
Dr Christian Grause – Class
Thursday, February 15 @ 6pm – Chisholm Elementary
Bobbi, Cross Fit
Saturday, February 17 @ 6pm – Chisholm Elementary
Susan, Mixed Mash

WEEK 7

Monday, February 19 @ 6pm – Brannon Center
Cynthia, Yagalates
Thursday, February 22 @ 6pm – Chisholm Elementary
Megan, HIIT
Saturday, February 24 @ 7:30am – Outside the City Gym
Band on the Run 5k

WEEK 8

Monday, February 26 @ 6pm – Brannon Center
Shushanna, Yoga
Thursday, March 1 @ 6pm – Chisholm Elementary
Victor, SET
Saturday, March 3 @ 8am – Chisholm Elementary
Bo, Boot Camp

WEEK 9

Monday, March 5 @ 6pm – Brannon Center
Dr Christian Grause – Class
Thursday, March 8 @ 6pm – Chisholm Elementary
Tonya, Boot Camp
Saturday, March 10 @ 6pm – Trail Head, Multi Use Trail
Light the Night 5k

WEEK 10

Monday, March 12 @ 6pm – Brannon Center
Rhonda Donahoo, Tai Chi
Thursday, March 15 @ 6pm – Chisholm Elementary
Kathie DeMarco, Pilates
Saturday, March 17 @ 8:30am – Babe James Community Center
Final Measurements and Weigh In
Friday, March 23
Brannon Center Banquet @ 5:30 pm

Must Bring Water To All Classes And Your Yoga Mat To Monday Classes

FOR MORE INFORMATION: Call New Smyrna Beach Leisure Services Department @ 386-410-2890

Mayor's Fitness

Challenge Registration.

The Challenge is limited to the first 160 participants. Hurry Sells Out Every Year!

NAME: _____

GENDER: M _____ F _____

DATE OF BIRTH: _____

PHONE: _____

ADDRESS: _____

CITY: _____

STATE: _____ ZIP: _____

EMAIL: _____

Coach Request: _____

ADULT SHIRT SIZE:

SM _____ MED _____ LARGE _____

XLARGE _____ XXLARGE _____ XXXLARGE _____

PLEASE READ AND SIGN BELOW:

IN CONSIDERATION OF BEING ALLOWED TO PARTICIPATE IN THE MAYOR'S FITNESS CHALLENGE, I AGREE THAT NEITHER THE CITY OF NEW SMYRNA BEACH (CITY) NOR PHIT AMERICA (PA) WILL BE HELD LIABLE FOR ANY INJURY OR DAMAGE SUFFERED BY ME BECAUSE OF MY PARTICIPATION. I FURTHER AGREE TO RELEASE, HOLD HARMLESS, AND INDEMNIFY THE CITY, ITS AGENTS AND EMPLOYEES, AND PA, ITS AFFILIATES, OFFICERS, DIRECTORS, MEMBERS, EMPLOYEES AND AGENTS, FROM AND AGAINST ANY LIABILITY FOR ITS/THEIR NEGLIGENCE OR NEGLIGENT ACTS OR OMISSIONS ARISING FROM OR IN CONNECTION WITH THE UNDERSIGNED'S PARTICIPATION.

By signing this form, I give the City of New Smyrna Beach permission to publish or use video images, photographic portraits or pictures of me, along with my name, for art, advertising, trade, public information or any other lawful purpose. I waive inspecting and/or approving the finished product or the copy that is used or any compensation in connection with the publication.

DATE _____

SIGNATURE _____

(Parent Or Legal Guardian If Under 18)