SUMMER SHAPE UP CALENDAR

Sun	Monday-Friday	Sat
	MAY 7-13 WEEK ONE ***Program of the Week:*** *Wellness Center*	*12* • *Strain for the Brain 5k run/walk, Milwaukee 10:00am* • *Starfish 5k run/walk, South Milwaukee 10:00am* • *The Cupcake Run 5k run, 2m walk, Bayside 9:00am*
MAY 13 • *Run Like a Mother 5k run/walk Wauwatosa 8:00am*	*14-20 WEEK TWO* ***Program of the Week:*** *Cardio Based Classes*	*19* • *Salus Corporate Champ 5k run/walk, Milwaukee 9:00am* • *Run the Bay...It's a Ball! 5k run/walk, Whitefish Bay 8:30am* • *Running for Hope to All Nations 5k/10k run, Brown Deer 9:30am*
MAY 20 • *Ann's Hope Foundation Block Melanoma 5k run/3k walk, Milwaukee 8:00am*	*21– 27 WEEK THREE* ***Program of the Week:*** *Strength Based Classes*	*26*
MAY 27 • *Ann's Hope Foundation Block Melanoma 5k Run and 3K Walk, 8am Milwaukee Zoo*	*28– June 3 WEEK FOUR* ***Program of the Week:*** *Water Exercise*	*2* • *Bravado Challenge Triathlon, Waukesha 10:00am* • *Laura's Smile 5k walk/run Milwaukee 10:30am*
JUNE 3 •	*4– 10 WEEK FIVE* ***Program of the Week:*** *Exercise with a member from another team*	*9* • *LoziLu Women's Mud Run, Franklin 9:00am* • *Lombardi Walk/Run for Cancer 5K run/3k walk Milwaukee 8:15am*
10 • *South Shore Duathlon, Cudahy 8:00am* 14 • *Race for the Bacon 5k/10k run Milwaukee State Fair Park 7:00pm*	11-17 WEEK SIX ***Program of the Week:*** *Wellness Center*	16/17 • *Rock n Run 5k run/walk Wauwatosa 3:00pm*

Program of the Week Rules:
Participate in the "Program of the Week" and receive an additional point per 30 minutes of participation! See your team leader or a Wellness staff member with questions. Certain classes may require registration and an additional fee.
**Must participate in the FULL class to receive bonus points.*
Week One: Wellness Center: Includes individual/group appointments or exercise sessions in the Wellness Center
Week Two: Cardiovascular-Based Group Fitness Classes: Includes Cycling, BODYSTEP, BODYCOMBAT, BODYATTACK, Zumba,
Week Three: Strength-Based Group Fitness Classes: Includes BODYPUMP, Y-Chisel, Y-Awesome Arms, Pilates, Yoga, Y-Roots, Y-Stem, Absolution, Silver Sneakers
Week Four: Water Exercise: Includes water aerobics classes, swimming, water jogging/walking. Also included: workouts on an indoor rower!
Week Five: Exercise with a member from a different team: Have your team plan a workout with a different team.
Week Six: Wellness Center: Includes individual/group appointment or workout sessions in the Wellness Center

Community Fitness Events Rules:
For points to qualify with exercise outside of the YMCA, the team leader must be present and it must be an organized group outing OR bring proof of registration/completion in the fitness event. If you know of an event and don't see it on here let a member of the Wellness Staff know and we will add it. Points will be counted as 5 points per team member who participated regardless of which event. These points will count toward the 12 point per day maximum.