

JUMPSTART CHALLENGE/SEMINAR SCHEDULE SPRING 2010

MARCH

Sat March 20 Push Ups For Charity 10:30am 100 pts

Sat. March 27 Fitness Maze 9-10am 100 pts

Wed March 31 Flexibility Workshop 6-7pm 50pts

April

Sat April 3 "Turn Your Body Into A
Fat Burning Machine" 10-11:30am 50 pts

Tues April 6th "Strongman/woman
Challenge" 6:30pm-7:30pm 75 pts

Sat April 10 "Banding together" 10-11am 75 pts

Sat April 17 "Rock Climbing Wall" 9-10am 100 pts

Tues April 20 "Healthy Cookoff" 6pm 50-100 pts

Sat April 24 Sports Challenge 10am-11am 75 pts

Fr1 April 30-Spring Fitness Retreat Weekend 250 pts

May

Sat May 1 Outdoor Sports Challenge 10:30am 100 pts

**Wed May 5 "Turn Your Body Into A
Fat Burning Machine Seminar" 7pm 50 pts**

Sat May 8th Mountain Bike Challenge#1 6pm 100 pts

Wed May 12 Smart Supplementation 7pm 50pts

Thurs May 18 Supermarket Tour 7pm 50 pts

Sat May 22 Special Forces training 9am 100pts

Tues May 25 Healthy Cookoff #2 6pm 50-100 pts

Sat May 29 Outdoor Adventure 9am 100 pts

June

**Wed June 2 "Turn Your Body Into A
Fat Machine Seminar 7pm 50 pts**

Thurs June 3 Hiking Challenge 6pm 75pts

Sat June 5 Mtn. Bike Challenge #2 9am 100 pts

Thurs June 10 Supermarket Tour 7pm 50 pts

Sat June 12 Final Jamboree 9am 100 pts

Schedule subject to change