

A STEP AHEAD *Holiday Hustle*

WHY WAIT FOR THE START OF A NEW YEAR TO DIVE INTO A NEW WELLNESS ROUTINE? JOIN YOUR FRIENDS IN THE DAYTONA STATE FITNESS CENTER FOR A SPECIAL HOLIDAY THEMED FITNESS CHALLENGE AND JUMP INTO ACTION BEFORE THE HOLIDAY BREAK!

THROUGHOUT THE MONTH OF DECEMBER THE FITNESS CENTER WILL BE HOSTING A DAILY WELLNESS EVENT TO HELP GET YOU INTO A HEALTHY HOLIDAY SPIRIT! ALL EVENTS ARE COMPLETELY FREE AND CAN BE MODIFIED TO MEET ANY FITNESS LEVEL. GRAB SOME FRIENDS AND JOIN IN ON THE HOLIDAY FUN!

MONDAY, DECEMBER 4

ELVES WORKSHOP WORKOUT

Join Carrie for a full body workout with a holiday twist that will prep your body for the rigors of the holiday season!

12:30 pm – 1:15 pm: FITNESS CENTER DANCE STUDIO

MONDAY, DECEMBER 11

WINTER WONDERLAND WATER AEROBICS

A workout in the water? Why not?! Don't worry, it's warm ☺

11:15 pm – 12:00 pm: AQUATIC CENTER

TUESDAY, DECEMBER 5

MERRY MISTLETOE MILE

Come complete a mile on the treadmill and receive a Hershey Kiss at the end...who said you couldn't treat yourself for working hard?!

ALL DAY IN THE FITNESS CENTER

TUESDAY, DECEMBER 12

12 DAYS OF CHRISTMAS

The 12 days of Christmas song has a whole new meaning when you add exercises...can you make it through?!

ALL DAY IN THE FITNESS CENTER

WEDNESDAY, DECEMBER 6

O' FITMAS TREE

Take some time and stopover in the Fitness Center to design your own workout by selecting various bulbs off the Christmas tree!

ALL DAY IN THE FITNESS CENTER

WEDNESDAY, DECEMBER 13

ROCKIN' AROUND THE ZUMBA TREE

Join Sandra in the dance studio as she takes you through a holiday dance workout!

12:30 pm – 1:15 pm: FITNESS CENTER DANCE STUDIO

THURSDAY, DECEMBER 7

KNOW YOUR NOGGIN'

Test your taste buds on the different types of eggnog and learn about the various nutritional facts associated with this popular holiday drink.

11:00-1:00 pm ECHO PLAZA

THURSDAY, DECEMBER 14

BEAT THE BULGE

Join us in the L Gale Lemerand Center for an insightful look into how to manage your nutrition over the holidays during this lunchtime seminar

12:30 pm – 1:00 pm: BLDG 310/RM 104

FRIDAY, DECEMBER 8

YULETIDE YOGA

The holidays can be stressful, but this workout will keep you centered and ready to tackle all that the season has to offer.

12:30 pm – 1:15 pm: FITNESS CENTER DANCE STUDIO

FRIDAY, DECEMBER 15

KRIS KRINGLE KRAZY KORE WORKOUT

Stop by the Fitness Center to see if you can conquer our crazy core workout!

ALL DAY IN THE FITNESS CENTER