



# Join the New Bedford Fitness Challenge!

**January 17 - March 28, 2015**

Open to anyone age 16+ who lives, works, or attends school in New Bedford.

Participants will have access to fitness classes and a chance to win big!

**Join as an individual or a team of 2-10  
\$5/person**

**Sign up January 17th\*, noon-3pm at the  
Andrea McCoy Recreation Center  
181 Hillman St., New Bedford**



**Facebook.com/fitnesschallengeNB | Email: infoPRB@newbedford-ma.gov**

\*Registration continues until January 31 to be eligible for prizes; you can register any time online or at an event site

Registration Link: <https://ops1.operations.daxko.com/programs/redirector.aspx?cid=2096&pid=95331&sid=1804690>



Southcoast Health



# Calendar of Events

**January 17\*, 12pm-3pm**

**Kickoff & Health Fair!**  
**Andrea McCoy Recreation Center**

**January 17**

**10 am:** Southcoast Walk with a Doc ,  
North Dartmouth Mall (inside by JCPenny)

**January 21:**

**6pm-7pm:** Boot Camp Fitness,  
Andrea McCoy Rec. Center

**January 24:**

**10am-11am:** Wellness Panel Q&A,  
Andrea McCoy Rec. Center  
**11am-12pm:** Zumba,  
Andrea McCoy Rec. Center

**January 28:**

**7am-8am:** Core Class,  
New Bedford YMCA

**January 31:**

**7am-8am\*:** Y CrossTrain – For All levels,  
New Bedford YMCA

**February 7:**

**9am:** NB Wellness Walk,  
Dartmouth Mall (Theater Entrance)  
**10 am:** Intro to Spin,  
Dartmouth Total Fitness

**February 11:**

**7am-8am:** Core Class,  
New Bedford YMCA

**February 14:**

**7am-8am\*:** Y CrossTrain – For All levels,  
New Bedford YMCA

**February 18:**

**TBA-** Carabiner's Climbing + Fitness

**February 21:**

**1pm-2pm:** Climbing and Yoga,  
Carabiner's Climbing + Fitness

**February 25:**

**6pm-7pm:** Boot Camp Fitness,  
Andrea McCoy Rec. Center

**February 28:**

**10am-11am:** Zumba,  
Andrea McCoy Rec. Center

**March 7:**

**9am:** NB Wellness Walk,  
Dartmouth Mall (Theater Entrance)  
**10 am:** Intro to Spin, Dartmouth Total Fitness

**March 11:**

**6pm-7pm:** Boot Camp Fitness,  
Andrea McCoy Rec. Center

**March 14:**

**10am-11am:** Zumba,  
Andrea McCoy Rec. Center

**March 18:**

**TBA–** Carabiner's Climbing +Fitness

**March 21:**

**1pm-2pm:** Climbing and Tai Chi ,  
Carabiner's Climbing + Fitness

**March 28\*, 9am-noon**

**Final Celebration & Awards!**  
**New Bedford YMCA**

**TBA:** Healthy Cooking Demos & More

\* These events will provide an opportunity for an official & private weigh in

**[For a full list of events, and more information, please Like us on Facebook!](#)**