



Greater Fall River Fitness Challenge



In case of inclement weather, outdoor challenges will be held at
 Greater Fall River RE-CREATION
 72 Bank Street | Fall River, MA

Questions? Contact RE-CREATION
 P: 508.679.0922
 E: gtrfitnesschallenge@yahoo.com
 W: www.fallriverfitnesschallenge.com

All Generations Fitness	FitWorks	General Fitness	Fitness Fusion	Guest Gym
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	S	M	T	W	TH	F	S
5/3						1	2
5/3				FINAL WEIGH-IN WEEK			3
5/10						8	9
5/16						14	15
						20	21
						26	27
						30	31

9:00 a.m. | Fitness Fusion @ 72 Bank Street: FitMix
 NEON NIGHT FUN RUN @ Industrial Park- More information to come!
 *9:00 a.m. | Fitness Challenge Breakfast of Champions Cooking
 Demonstration and Tasting @ 72 Bank Street
 (Pre-registration required for this event)
 6:00 p.m. | Fitness Challenge Finale @ The Eagle Performing Arts Center
 35 N. Main Street | Tickets can be purchased at RE-CREATION @
 72 Bank Street, Fall River, MA or Any Fitness Challenge



Greater Fall River FITNESS CHALLENGE

Have Fun | Eat Well | Get Fit | Win Big



Calendar of Events

JANUARY

S	M	T	W	TH	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	*18
19	20	21	22	23	24	25
WEIGH-IN WEEK						
26	27	28	29	30	31	

- 1/11 10:00 a.m. | Greater Fall River Fitness Challenge Kick-Off at Kuss Middle School
- 1/15 6:30 p.m. | Fitness Fusion @ 72 Bank Street: Fit Mix
- 1/18 9:00 a.m. | All Generations Fitness @ 72 Bank Street: Mash Up
*10:00 a.m. Post-Workout Snack Time with Chef Jess Williams, DTR of
Creating Healthy Solutions
- 1/22 6:30 p.m. | General Fitness @ 425 Pleasant Street: Fit Choice
- 1/25 9:00 a.m. | FitWorks @ 72 Bank Street: Zumba
- 1/28 6:00 p.m. | Fall River YMCA Guest Challenge @ 199 North Main Street
- 1/29 6:30 p.m. | Fitness Fusion @ 72 Bank Street: FitMix

Please note: EVERY Monday & Wednesday throughout the Challenge (1/13/14-4/30/14), RE-CREATION will host a walking group at 10 a.m. @ 72 Bank Street

FEBRUARY

S	M	T	W	TH	F	S
						1
2	3	4	5	6	7	8
WEIGH-IN WEEK						
9	10	11	*12	13	14	15
16	17	18	19	20	21	22
WEIGH-IN WEEK						
23	24	25	26	27	28	

- 2/1 9:00 a.m. | All Generations Fitness @ 72 Bank Street: Mash Up
- 2/5 6:30 p.m. | General Fitness @ 425 Pleasant Street: Fit Choice
- 2/8 9:00 a.m. | Fitness Fusion @ 72 Bank Street: FitMix
- 2/9 9:00 a.m. | WiggleKids FAMILY Challenge-Bring your kids! @ 72 Bank Street
- 2/12 7:00 p.m. | All Generations Fitness @ 544 Milford Road, Swansea: Mash Up
*8:00 p.m. Post-Workout Snack Time with Chef Jess Williams, DTR of
Creating Healthy Solutions
- 2/15 9:00 a.m. | FitWorks @ 72 Bank Street: Total Body Tone
- 2/19 6:30 p.m. | General Fitness @ 425 Pleasant Street: Fit Choice
- 2/22 9:00 a.m. | Fitness Fusion @ 72 Bank Street: FitMix
- 2/26 7:00 p.m. | All Generations Fitness @ 544 Milford Road, Swansea: Mash Up

Guest Gym	Fitness Fusion	General Fitness	FitWorks	All Generations Fitness
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MARCH

- 3/1 9:00 a.m. | General Fitness @ 425 Pleasant Street: Fit Choice
- 3/5 6:30 p.m. | Fitness Fusion @ 72 Bank Street: FitMix
- 3/8 9:00 a.m. | FitWorks @ 72 Bank Street: Cardio Conditioning
- 3/12 7:00 p.m. | ALL GYM MASH UP @ Team Works 732 Lees River Ave, Somerset
- 3/15 9:00 a.m. | All Generations Fitness @ 72 Bank Street: Mash Up
*10:00 a.m. Post-Workout Snack Time with Chef Jess Williams, DTR of
Creating Healthy Solutions
- 3/19 6:30 p.m. | Fitness Fusion @ 72 Bank Street: FitMix
- 3/22 9:00 a.m. | FitWorks @ 72 Bank Street: Zumba
- 3/24 Drop into any class at TKO Fitness for FREE @ 1 Father Devalles Blvd, FR
- 3/26 6:30 p.m. | General Fitness @ 425 Pleasant Street: Fit Choice
- 3/28 Drop into any class at TKO Fitness for FREE @ 1 Father Devalles Blvd, FR
- 3/29 9:00 a.m. | All Generations Fitness @ 72 Bank Street: Mash Up

S	M	T	W	TH	F	S
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2	3	4	5	6	7	8
WEIGH-IN WEEK						
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16	17	18	19	20	21	22
WEIGH-IN WEEK						
23	24	25	26	27	28	29
30	31					

REMEMBER: EVERY Monday & Wednesday throughout the Challenge (ending 4/30/14), RE-CREATION will host a walking group at 10 a.m. @ 72 Bank Street

APRIL

- 4/2 6:30 p.m. | Fitness Fusion @ 72 Bank Street: FitMix
- 4/5 9:00 a.m. | General Fitness @ 425 Pleasant Street: Fit Choice
- 4/6 Giunta 5K Race | Join the Fitness Challenge Team!
- 4/9 7:00 p.m. | All Generations Fitness @ 544 Milford Road, Swansea: Mash Up
- 4/12 9:00 a.m. | Fitness Fusion @ 72 Bank Street: FitMix
- 4/16 6:30 p.m. | General Fitness @ 425 Pleasant Street: Fit Choice
- 4/19 9:00 a.m. | FitWorks @ 72 Bank Street: Butts N Gutts
- 4/20 10:30 a.m. | FREE Class at Striking Beauties @ 75 Ferry Street, FR
- 4/23 7:00 p.m. | All Generations Fitness @ 544 Milford Road, Swansea: Mash Up
*8:00 p.m. Post-Workout Snack Time with Chef Jess Williams, DTR of
Creating Healthy Solutions
- 4/26 9:00 a.m. | FitWorks @ 72 Bank Street: Body Blast
- 4/30 6:30 p.m. | General Fitness @ 425 Pleasant Street: Fit Choice

S	M	T	W	TH	F	S
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WEIGH-IN WEEK						
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Guest Gym	Fitness Fusion	General Fitness	FitWorks	All Generations Fitness
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