

2025 Healthy Active Challenge Calendar

| Monday, 2025-01-27 CE to Saturday, 2025-03-01 CE | | | | | | |
|--|---|---|--|--|---|--|
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| | 27 January Wake up at the YMCA 5-8am. | 28 | 29 | 30 Wall Pilates 3-4pm In TEAMS or in person | 31 | 1 February Adult Learn to Swim 4-5pm. Klamath YMCA |
| 2 | 3 | 4 Wake up Yoga 7am Tech Rec | 5 Office Chair Yoga 11am in TEAMS. | 6 | 7 | 8 Ai-Chi (its Tai Chi in the water) 4pm Klamath Family YMCA 3pm. If you have problems with sleep, check out this class |
| 9 | 10 | 11 Yoga + Pilates 7-8am In Tech Rec | 12 | 13 | 14 Improve your Swimming Strokes. 3-4pm Klamath YMCA | 15 |
| 16 | 17 | 18 Aqua Bootcamp Shallow Water 6:45-7:45pm Klamath YMCA | 19 | 20 | 21 Intro to Water Polo 3-4pm Klamath YMCA | 22 |
| 23 | 24 | 25 | 26 | 27 Aqua Bootcamp Deep Water 6:45-7:45pm Klamath YMCA | 28 | 1 March Go out with a Splash 4-5pm Family Swim 5-6pm Open Rec Swim Klamath YMCA |

