Check out www.facebook.com/DedhamFiftyDaysofFitnessFun for full schedule, activity descriptions, updates and link to registration page. Please sign up for desired activities/workshops. Check Daily to view pictures, videos, and daily healthy tips! PLEASE NOTE, ALL ACTIVITIES/WORKSHOPS ARE FREE!

~ January 2014 ~

◄ Dec 2013 | Feb 2014 ►

Sun	Mon	Tue	Wed	Thu	Fri	Sat
DEDHAM 50 DAYS OF FITNESSS FUN			**1** **11:00 AM** **Kick-Off Event** **@Solid Body Fitness** **www.SolidBodyFit.com**	**2** 	**3** 	**4** **What's your 50 day pledge? Please share on FaceBook Page.Let's help each other achieve our Health & Fitness Goals**
5 (all day) **Sunday Stroll (walking, sledding, shoveling, and making snowmen)** **Post pictures on FB** **For prizes**	**6** **5:30 PM – 7:30 PM** **Open Gym (Basketball)** **@MotherBrook Arts & Community Center** **www.motherbrookarts.org**	**7** (all day) (post on FB) The power of 50 workout 10 pushups 10 situps 10 burpees 10 jumping jacks 10 Squats	**8 (women only)** **7:00 PM** **Self Defense Karate Class** **@Masters Self Defense Center** **Oakdale Square** **https://www.facebook.com/MastersSelfDefenseDedham**	**9** **6:00 PM – 7:00 PM** **DHS FOOTBALL DRILLS and WORKOUT** **@MotherBrook Arts & Community Center** **www.motherbrookarts.org**	**10** **6:00 PM – 8:00 PM** **Family Swim & Music Party** **@Dedham Pool**	**11** **1:00 PM** **Yoga Basics Class** **@Yoga Now** **www.yoga-now.com**
12 **11:00 AM** **Battle Ropes Challenge** **@Bussey St Gym** **busseystreetgym.com**	**13** **5:30 PM – 7:30 PM** **Open Gym (Basketball)** **@MotherBrook Arts & Community Center** **www.motherbrookarts.org**	**14** (adults only) **10:00 AM – 11:00 AM** **6:15 PM – 7:00 PM** **CrossFit Workshop** **@Solid Body Fitness** **www.SolidBodyFit.com**	**15** (youth only) **4:00 PM – 5:00 PM** **CrossFit Workshop** **@Solid Body Fitness** **www.SolidBodyFit.com**	**16** **6:30 PM** **Intro to Pilates** **@The Center** **www.thecenterpilates.com**	**17** **(all day) (post on FB)** **The power of 50 workout** **10 pushups** **10 situps** **10 burpees** **10 jumping jacks** **10 Squats**	**18** **Solid Body Fitness Grand Re-Opening** **10:00 AM** www.solidbodyfit.com
19 **1:00 PM** **Yoga Basics Class** **@Yoga Now** **www.yoga-now.com**	**20** **Holiday** **MLK DAY**	**21** (14+) **7:30 PM – 8:15 PM** **Hip Hop or Tap Class** **@The Dance Center** **www.tanyas.com**	**22** **(adults only)** **7:00 PM – 8:00 PM** **Zumba** **@DedhamCommunityHouse** **DedhamCommunityHouse.org**	**23** **4:00 PM (ages 5-8)** **5:00 PM (ages 9-14)** **7:00 PM (ages 15-18)** **Self Defense Karate Class** **@Masters Self Defense Center** **https://www.facebook.com/MastersSelfDefenseDedham**	**24** **6:00 – 8:00 PM** **Ice Skating & Hot Coco Under the Lights** **@Memorial Field Park**	**25** **11 AM (ages 10-13)** **12 PM (ages 13+)** **Flexibility & Strength Training** **@DeSarioTraining Systems**
26 (all day) **Sunday Stroll (walking, sledding, shoveling and snowmen. Post Pics**	**27** **5:30 PM – 7:30 PM** **Open Gym (BasketBall)** **@MotherBrook Arts & Community Center** **www.motherbrookarts.org**	**28** (14+) **7:30 PM – 8:15 PM** **Hip Hop or Tap Class** **@The Dance Center** **www.tanyas.com**	**29** **7:00 PM** **Nutrition Work with Granite Family Chiropractic & Nutrition** **@Dedham Main Library** **granitefamilychiropractic.com**	**30** **5:00 – 7:00 PM** **LUAU Party** **Exotic Fruit sampling** **Make a healthy Smoothie** **@Endicott Estate**	**31** **7:00 PM – 9:00 PM** **International Dance Party** **@MotherBrook Arts & Community Center** **www.motherbrookarts.org**	**Notes:** **Check out FB page for awesome February events!**

Created with WinCalendar Calendar Maker

Download: 2013 Calendar Template, 2014 Calendar Template

~ February 2014 ~

◄ Jan 2014 | Mar 2014 ►

Sun	Mon	Tue	Wed	Thu	Fri	Sat
DEDHAM 50 DAYS OF FITNESSS FUN			DEDHAM 50 DAYS OF FITNESSS FUN			**1** 12:15 – 1:45 Ice Skating @ Nobles Nobles.edu DEDHAM DOWNSIZE 1000 pounds begins
2 12:00 Noon Family Karate @Kenpo Martial Arts Center dedhamkenpokarate.com	**3** 6:30 – 8:00 (Adults) Goal Setting Workshop @CrossFit Craic crossfitcraic.com	**4** (14+) 7:30 PM – 8:15 PM Hip Hop or Tap Class @The Dance Center www.tanyas.com	**5** 7:00-8:00 PM Adults Zumba @Dedham Community House	**6** 7:00 PM Mini Athletes Kids Workout @TBD	**7** 6:00 PM – 8:00 PM Family Swim & Music Party @Dedham Pool	**8** 11:30-12:30 (Adults) CrossFit Workout @CrossFit Craic crossfitcraic.com (Kids Zumba @ DCH @ 1:30)
9 12:00 Noon Family Karate @Kenpo Martial Arts Center dedhamkenpokarate.com	**10** Check out the facebook page for updates in the schedule	**11** (14+) 7:30 PM – 8:15 PM Hip Hop or Tap Class @The Dance Center www.tanyas.com	**12** 6:00 – 7:00 PM Basketball Skills Competition @Dedham Community House	**13** 6:00 PM Running of the Roses @Endicott Estate (free roses, chocolates, and pictures at the Gazebo)	**14** (all day) (post on FB) The power of 50 workout 10 pushups 10 situps 10 burpees 10 jumping jacks 10 Squats	**15** 1:30 – 2:30 Kids Zumba @Dedham Community House
16 12:00 Noon Family Karate @Kenpo Martial Arts Center dedhamkenpokarate.com	**17** 12:00 Noon "Healthy Me" (Girls Workshop) @ Dedham Youth Commission Office DHS room E106	**18** 12:00 Noon Police Training and Drills Dedham Police Dept. @DHS Track	**19** 12:00 Noon Floor Hockey Dedham Youth Commission @Parks and Recreation Dolan Center	**20** 5:00 – 6:00 PM Wrestling Clinic @ Parks and Recreation Dolan Center	21 12:00 Noon Line Dance Workshop & Workout @Nobles & Greenough www.Nobles.edu	**22** Deadline submission for best family or friends workout video. See facebook page for details.
23 12:00 Noon Family Karate @Kenpo Martial Arts Center dedhamkenpokarate.com	**24** Check out the facebook page for updates in the schedule	**25** Check out the facebook page for updates in the schedule	**26** Check out the facebook page for updates in the schedule	**27** Check out the facebook page for updates in the schedule	**28**	**Notes:**

Check out www.facebook.com/DedhamFiftyDaysofFitnessFun for full schedule, activity descriptions, updates and link to registration page. Please sign up for desired activities/workshops. Check Daily to view pictures, videos, and daily healthy tips! PLEASE NOTE, ALL ACTIVITIES/WORKSHOPS ARE FREE!

Created with WinCalendar Calendar Maker

Download: 2013 Calendar Template, 2014 Calendar Template