



Heart Health Month

CARDIO CHALLENGE

FEBRUARY 2021



SUN	MON	TUE	WED	THU	FRI	SAT
	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	26	27
28						

Did you know that the American College of Sports Medicine recommends that you perform 150 minutes a week of aerobic exercise and two days a week of strength training to maintain health?

For other goals such as weight loss, athletic performance, endurance training and improved fitness, 300 minutes may be more optimal.

Join us for our Heart Health Month Cardio Challenge! During the month of February, the JCC fitness team is challenging you to attend as many live group fitness classes as you can! In order for the classes you attend to count towards the challenge, you must receive a stamp for that class from the class instructor.

Use the calendar to stamp the days for which you attend classes.