

## **Jingle Jog and Walk**

**Wednesday, December 4, 11, 18**

Our Wednesday Workouts are turned into the Jingle Jog/Walk! Along with your headlights and reflectivity add jingle bells to your gear and bring the sounds of the season to your Wednesday workout! Ideal for all fitness levels, all are welcome!

## **Count the Lights Run and Walk**

**Friday, December 6, 13, 20**

Multi-task on your walk and run! During your workout, count the number of decorated houses you see. Keep track and see how many are added every week leading up to the holidays! Ideal for all fitness levels, all are welcome!

## **Candy Cane Run and Walk**

**Saturday, December 7**

Our fun Saturday workout finishes with a sweet treat! Ideal for all fitness levels, all are welcome!

## **Cookie Recipe Run and Walk**

**Monday, December 9**

Start your week with the Monday Funday Workout, with an extra holiday twist! Bring your favorite holiday cookie recipe to share! Trade, compare notes or offer tips! Help bring some additional holiday cheer to other kitchens throughout the community! Ideal for all fitness levels, all are welcome!

## **Ugly Sweater Run and Walk**

**Saturday, December 14**

Yep, you have them, and you really want to wear them! It's time to breakout the Ugly Sweater for your workout! Who's is ugliest? Only one way to find out – join the workout and see! Ideal for all fitness levels, all are welcome!

## **Cookie Exchange Run and Walk**

**Monday, December 16**

You traded the recipes, now bring your favorite cookies to share after the workout! Ideal for all fitness levels, all are welcome!

## **Chocolate Ball Run and Walk**

**Saturday, December 21**

Our fun Saturday workout finishes with a sweet, chocolate treat! Enjoy a sweet bite to help with your workout recovery! Ideal for all fitness levels, all are welcome! Ideal for all fitness levels, all are welcome!

## **Dreidel Games Run and Walk**

**Monday, December 23**

After the workout test to skills and abilities with the Dreidel Games! Who has the most skill and focus? Ideal for all fitness levels, all are welcome!