



# Fitness Challenge Groups:

- Thursday January 30, 2025 @ 4: 30 PM: SMART Goal setting with Ana Ruiz-LCSW-S/Counselor (Building 264)
- Thursday February 13, 2025 @ 4:30 PM: Zumba with Lola-Zumba Instructor (Gym-Room TBD)
- Thursday February 27, 2025 @ 4:30 PM: Nutrition & Meal Prep with Chef Lan & Chef Kevin (Building 264)
- Thursday March 13, 2025 @ 4:30 PM: Zumba with Lola-Zumba Instructor (Gym-Room TBD)
- Thursday March 27, 2025 @ 4:30PM: Check on SMART Goal Progress with Ana Ruiz-LCSW-S/Counselor
- Last Group on Thursday April 10, 2025 @ 4:30 PM: Sound Waves of Lasting Change with Nadiya, LPC/Counselor (Building 264)

Groups are also open to non-Fitness Challenge employees.