



#CCWC2017

[www.ccactivitycoalition.com](http://www.ccactivitycoalition.com)



Clark County Activity Coalition

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**WEIGH**

FEB 15 \_\_\_\_\_

MAR 29 \_\_\_\_\_

FEB 22 \_\_\_\_\_

APR 5 \_\_\_\_\_

MAR 1 \_\_\_\_\_

APR 12 \_\_\_\_\_

MAR 8 \_\_\_\_\_

APR 19 \_\_\_\_\_

MAR 15 \_\_\_\_\_

APR 26 \_\_\_\_\_

MAR 22 \_\_\_\_\_

MAY 3 \_\_\_\_\_

MAY 10 \_\_\_\_\_

**INS**

# Participation

- ◆ All Wellness participants must complete a registration form and weigh in on the day of registration.
- ◆ Participants must be at least 12 years or older to register.
- ◆ Wednesdays are the ONLY weigh-in days and it must be the same location every time.
- ◆ Prizes will be awarded to the top three male and female participants who have lost the largest % bodyweight.
- ◆ To calculate % lost, subtract your final weight from your beginning weight. Divide that number by your beginning weight. Multiply by 100. Winners will be awarded based on the largest percentage of weight loss over 12 weeks.
- ◆ Participants become eligible for prizes if they weigh in 9 times and attend 5 classes.
- ◆ If you have won a previous Wellness Challenge, you may not win a 2nd time.
- ◆ Participants must be eligible and present to win additional prizes awarded at the Challenge Finale May 13<sup>th</sup>.
- ◆ Make sure to check FB and Website for class cancellations and updates!

## WEDNESDAY WEIGH IN LOCATIONS

### WINCHESTER-CLARK COUNTY PARKS AND RECREATION

6:00am-8:00pm  
15 Wheeler Ave  
(859)744-9554

### CLARK COUNTY HEALTH DEPARTMENT

8am-4:30pm  
400 Professional Ave  
(859)744-4482

### CLARK CLINIC MEDICAL PLAZA – CLARK CLINIC B, SUITE 155

8am-12/1-4PM  
225 Hospital Dr  
(859)737-8454



# *Special Offers:* **Fitness Classes**

## **Winchester-Clark Co. Parks & Recreation**

[www.winchesterparksandrec.com](http://www.winchesterparksandrec.com)

- \* February 15th-May 10th: Multiple free fitness classes. See enclosure for listing. Does not include access to fitness room, pools and classes not listed on enclosure. Child Watch is available for a fee. Please inquire.
- \* February 15th-May 10th: For those who want to “step-it up” non-members can purchase a Wellness Challenge Membership valid from date of purchase through May 10th. This special membership grants full access to Parks & Rec for the duration of the Challenge. Cost: \$50
- \* February 15th-May 10th: Discount on pre-registration for the Run For the Paws 5k event, May 21st, at BCTC. Must pre-register at [www.RunSignup.com](http://www.RunSignup.com) by May 15th. Use code “wellness2017” for discount.

15 WHEELER AVE, Winchester, KY 40391

## **The OM Place**

[www.theomplace.net](http://www.theomplace.net)

- \* February 15th-May 10th: Challenge participants receive 5 FREE CLASSES during the Challenge. Come in with your Challenge Weigh-In card to receive your free classes. For more info call (859)771-7277.  
815 QUISENBERRY LANE, Winchester, KY 40391

|             |                  |                            |
|-------------|------------------|----------------------------|
| Mondays:    | Yoga             | 6 pm                       |
| Tuesdays:   | Yoga             | 8:30 pm                    |
|             | OM Fit           | 6:00 pm                    |
| Wednesdays: | Restorative Yoga | 5:45 pm                    |
|             | Power Flow       | 7:00 pm (Warm Room 78-80°) |
| Thursdays:  | Yoga             | 8:30 am                    |
|             | OM Fit           | 4:30 pm                    |
|             | Yoga             | 6:00 pm                    |
| Fridays:    | OM Fit           | 8:30 am                    |
| Saturdays:  | Power Flow       | 9:00 am (Warm Room 78-80°) |
| Sundays:    | no group classes |                            |

## CrossFit Strode Station

[www.crossfitstrodestation.com](http://www.crossfitstrodestation.com)

- \* February 15th-May 10th: Attend free Intro to CrossFit classes throughout the challenge Tuesdays at 6pm and Saturdays at 9am! The basis of our program is GPP (general physical preparedness) using functional movements that translate to everyday life (lift, run, throw, jump, sprint and variety of other fun activities). Must call (502)694-0588 or message on FB to register.

4793 SUITE A, ROCKWELL ROAD, Winchester, KY 40391

## Dance2Fit with Hollie at Dancer's Pointe

[www.facebook.com/dance2fitwithhollie](http://www.facebook.com/dance2fitwithhollie)

- \* February 15th—May 10th: Challenge participants receive 5 FREE CLASSES during the Challenge. Present Wellness Challenge card at first visit to receive punch card. See enclosure for class listing. Phone: 859-707-7359  
1392 WEST LEXINGTON AVENUE, Winchester, KY 40391

## The Barre: A Fitness Boutique

[www.thebarreky.com](http://www.thebarreky.com)

- \* February 15th-May 10th: The Barre: A Fitness Boutique would like to give all Wellness Challenge participants a 6 Class Package. Please log on to The Barre website [www.thebarreky.com](http://www.thebarreky.com) and click the Wellness Challenge tab for more details. For more info call (859)221-4957.

116 SOUTH MAPLE STREET, Winchester, KY 40391

# Winter Schedule 2017

## Monday

8:30am Aerial Sculpt  
9:45am\* Barre  
12:00pm Studio Spin  
4:45pm\* Barre  
6:00pm Studio Spin

## Tuesday

6:00am Barre  
9:00am KettleBell AMPD  
5:00pm Studio Spin  
6:00pm Barre

## Wednesday

9:45am\* Barre  
12:00pm Aerial Sculpt  
5:00pm\* Aerial Sculpt  
6:00pm Barre

## Thursday

8:30am\* Studio Spin  
4:45pm\* Barre  
6:00pm Spin Barre

## Friday

9:45am\* Barre  
11:00am Studio Spin  
6:00pm KettleBell AMPD

## Saturday

8:30am Aerial Sculpt  
9:30am\* Barre  
10:45am Studio Spin

## Sunday

\*Monkey Barre Childcare Available

Pop-Up Sunday: Every Sunday we will rotate in a different class so that you can try something new!  
Check your MindBody Connect App to sign-up.



[www.thebarreky.com](http://www.thebarreky.com)

116 South Maple St.  
Winchester, KY 40391

859.221.4957

info@thebarreky.com



# *Special Offers:* **Healthy Eating**

## **Grace Coffee Cafe & Bakery**

[www.gracecoffeecafebakery.com](http://www.gracecoffeecafebakery.com)

Phone: (859)355-5851

740 Bypass Rd, Winchester, KY 40391

Healthy Eating Punch Card

## **Full Circle Market**

[www.fullcirclemarket.com](http://www.fullcirclemarket.com)

Phone: (859)744-3008

240 Redwing Drive, Winchester, KY 40391

Discount Punch Card

## **Cairn Coffee House**

[www.cairncoffee.com](http://www.cairncoffee.com)

Phone: (859)737-2000

17 S Main St, Winchester, KY 40391

Punch Cards to be given to participants at counter - Buy 10 Coffees, Get One Free & Buy 10 Salads, Get One Free

## **Gaunce's Deli and Café**

[www.gaunces.com](http://www.gaunces.com)

Phone: (859)744-8664

853 Bypass Road, Winchester, KY 40391

Show your Wellness Participant Card for 50¢ off a soup, salad, or wrap purchase.

2017

## Description of Classes

Clark County  
Wellness Challenge

### February

FEB 15 and FEB 22  
**CHALLENGE KICK OFF!!!**  
**REGISTRATION AND WEIGH-IN**  
at participating weigh-in locations.

FEB 28, 5:30PM

#### **How to Modify Exercise Due to Injury, Pain, and/or Disease: Don't let pain, injury, and/or disease keep you from your goals!**

This class will teach you how to exercise despite conditions that can make exercise selection very challenging. Learn how to modify your program and implement safe strategies to keep you moving forward despite some form of limitation. Instruction will be hands on and tailored to the specific needs of the participants. Max number= 6. 1.5—2 hours. Call (859)745-7995 to register.

CLARK COUNTY PHYSICAL THERAPY, 273 SHOPPERS DRIVE

FEB 28, NOON

#### **How to Use Journaling to Boost Your Wellness Success**

Studies show that folks that journal behavior, whether that is a daily food journal or an exercise log, have better more lasting results. Mayo Clinic Wellness Coach Gina Lang offers tips and tricks to start your journal. Call (859)771-6033 or email [gina.lang@gmail.com](mailto:gina.lang@gmail.com) to register for the class. Each person will receive a simple starter journal to jump-start success! Provided by Day One.

CLARK COUNTY HOME HEALTH, 273 SHOPPERS DRIVE

# March

MAR 2, 12-1PM and 7-8PM

## **How to Make Healthy Smoothies & Meal Replacement Shakes**

Participants will need to call Full Circle Market at (859)744-3008 to register. Each class limited to 10.

FULL CIRCLE MARKET, 240 REDWING DRIVE

MARCH 4, 10AM

## **Instapot Macros Cooking Class**

Come and spend a morning with us as we show you the basics of cooking with an electric pressure cooker. It's fun, fast, and healthy. You'll learn great recipes to get you started and build your confidence all while going over parts, troubleshooting and best practices. Space is limited, so RSVP today by calling or messaging Crossfit Strode Station on Facebook today. Call (502)694-0588.

CROSSFIT STRODE STATION, 4793, SUITE A ROCKWELL ROAD

MARCH 7, 5:30PM

## **Fitness with a Physician**

With Dr. Kathryn Jones. What better way to start your weekend than on your feet making strides to help your heart and improving your general health to live longer! While you walk at your own pace, you'll have the opportunity to have questions answered by local physicians.

WCCPR, 15 WHEELER AVE

MARCH 8, 6-6:30PM or 6:30-7PM

## **Grocery Store Tour**

Join a Registered Dietitian on a tour to learn how to make healthy food choices, save money, and read food labels to improve wellness.

10 person max. For more information contact:

Lyndsay.dixon@lpnt.net. Provided by Clark Regional Medical Center.

KROGER GROCERY STORE

MARCH 9, 12:15-1PM and 6:00PM-6:45PM

**Store Tour at Full Circle Market Healthy Foods**

Join Laura and learn about all things natural! From sugar alternatives to nutritional yeast and chia seeds! Samples and recipes available along the tour! Tour limited to 10. Call Full Circle Market at (859)744-3008 to register.

FULL CIRCLE MARKET, 240 REDWING DRIVE

MARCH 9, 6PM

**MacroEd Webinar**

In partnership with CrossFit Strode Station, MacroEd will be donating a free 7-day Intro to Macro Email Course and a Webinar to be hosted Thursday, March 9th at 6 pm. The information will be posted on the CrossFit Strode Station website. [www.crossfitstrodestation.com](http://www.crossfitstrodestation.com)

ONLINE

MARCH 9, 5:30-6:30PM

**Fit Face Off Weight Loss Strategies – First Session in Series**

Introducing a new phone APP that promotes healthy behaviors. In addition, this class will provide recipe demonstration and taste testing to aid in weight loss success. Weekly classes are designed as a series to work effectively. Classes will meet every Thursday at the same time, through April 27<sup>th</sup>. Class size is limited to 12, please contact the Clark County Extension Office at (859)744-4682 to register.

CLARK COUNTY EXTENSION OFFICE, 1400 FORTUNE DR



MARCH 10, 11AM-12PM

**The Skinny on Good Nutrition**

Join us to learn about easy, helpful nutrition tips for a successful lifestyle change. Taught by: Cara O’Neill, MS, RD, LD at the Clark County Health Department. Lower level conference room, please enter through the back door.

CLARK COUNTY HEALTH DEPARTMENT, 400 PROFESSIONAL AVE



MARCH 13, 5PM-7PM

**Clark County Library Resources at WCCPR**

See all the library has to offer including free digital access to health magazines and over 120 fitness DVDs.

WCCPR, 15 WHEELER AVE

MARCH 16, 12-1PM

**POWR (Personalized Orthopedic Weight Reduction)  
Educational Program**

The session will describe the program, provide nutrition basics focusing on macronutrients and discuss serving size goals per day. There will be a salad tasting and cookbooks for sale. Limit 10 participants. Please call (859)744-4411 to register.

KORT PHYSICAL THERAPY, 1547 BYPASS ROAD

MARCH 20, 5:30PM-7:30PM

**Functional Movement Screenings**

Used to evaluate movement pattern quality for clients and athletes, identify weaknesses and imbalances, and make the invisible visible. Learn whether you should train or correct each movement pattern. Provided by Kort Physical Therapy.

WCCPR, 15 WHEELER AVE

MARCH 20, 6PM

**Guided Bicycle Tour**

Enjoy a leisurely bicycle ride through the alleys of Downtown Winchester. You may bring your own bicycle. Bicycles, helmets, and children's trailers are available on-site. If you are planning to borrow a bicycle, arrive 15 min early so you can be properly fitted.

WCCPR, 15 WHEELER AVE


MARCH 20, 7:15PM

### **Couch to 5K Kick-Off**

Join us on the WCCPR indoor track for the start of our Couch to 5K training group! This class, meeting twice a week during the Challenge, is for all levels including beginning walkers and runners and those trying to improve their running times. The group will meet on Monday and Thursday nights and follow the Couch to 5K training plan with the optional goal of participating in the Run for the Paws 5K on May 21st. Please come and try it out! Join fellow fitness friends for the support you need to complete your first (or tenth!) 5K!!!

WCCPR, 15 WHEELER AVE

MARCH 21 12:30PM

### **Fitness with a Physician**

With Dr. Jack Arnold. What better way to start your weekend than on your feet making strides to help your heart and improve your general health to live longer! While you walk at your own pace, you'll have the opportunity to have questions answered by local physicians.

WCCPR, 15 WHEELER AVE

MARCH 22 6-7PM

### **Simple Substitutions**

Meet with the CRMC Nutrition Team to learn how to substitute ingredients in everyday recipes. Fewer calories and you'll never taste the difference! Pre-Register: (859)737-8422. Please meet in the hospital cafeteria.

CLARK REGIONAL MEDICAL CENTER, 175 HOSPITAL DRIVE

MARCH 23, 12:15-1PM and 6:00PM-6:45PM

### **Store Tour at Full Circle Market Healthy Foods**

Join Laura and learn about all things natural! From sugar alternatives to nutritional yeast and chia seeds! Samples and recipes available along the tour! Tour limited to 10. Call Full Circle Market at (859)744-3008 to register.

FULL CIRCLE MARKET, 240 REDWING DRIVE

MARCH 23, 5:30PM

### **Core Training**

Developing a strong and healthy midsection can be difficult and frustrating without the right approach. This class will teach you how to properly train your core in a safe and effective manner. Instruction will be hands on and include an overview of what constitutes the “core,” how the middle of our body works together to improve function, how to get in safe training positions, and the importance of breathing patterns to enhance training. 1.5 - 2 hours. Class limited to 6 participants. Call (859)745-7995 to register.

CLARK COUNTY PHYSICAL THERAPY, 273 SHOPPERS DRIVE

MARCH 27, 6-8PM

### **Self-Defense for Women**

This class will cover awareness and observational skills in order to avoid confrontations whenever possible. Participants will practice proven self-defense methodology, and practice physical techniques with a live simulation. Age 13 and up. Instructor is 8th Degree Shaolin Elder Master Tim Nance. Register in advance with Community Education, (859)745-3946 or [clark.comm.ed@gmail.com](mailto:clark.comm.ed@gmail.com)  
SHAOLIN MARTIAL ARTS ACADEMY, 325 W. BROADWAY

MARCH 27, 6PM

### **Guided Trail Walk – Main Street Mile**

Enjoy a group walk on some of the most popular walking trails in Winchester. Comfortable walking shoes and weather-appropriate clothing suggested. Please meet at the museum 10 minutes prior to start.

BLUEGRASS HERITAGE MUSEUM, 217 S MAIN STREET

# April

APRIL 3, 6PM

## **Guided Bicycle Tour**

Enjoy a leisurely bicycle ride through the alleys of Downtown Winchester. You may bring your own bicycle. Bicycles, helmets, and children's trailers are available on-site. If you are planning to borrow a bicycle, arrive 15min early so you can be properly fitted.

WCCPR, 15 WHEELER AVE

APRIL 3, 5PM-7PM

## **Clark County Library Resources at WCCPR**

See all the library has to offer including free digital access to health magazines and over 120 fitness DVDs.

WCCPR, 15 WHEELER AVE

APRIL 11, 5:30PM

## **Injury Prevention and Performance Enhancement for Runners**

Are you looking to improve your times? Prevent injury so you can keep running? Start a running program? If the answer is yes...this class is for you! Instruction will focus on preventing common injuries, recommendations for setting up your program, and methods to improve performance and maximize your results. 1.5—2 hours. Limited to 10 participants. Call (859)745-7995 to register.

CLARK COUNTY PHYSICAL THERAPY, 273 SHOPPERS DRIVE

APRIL 18, 6PM

## **Understanding Your Metabolism**

Mayo Clinic Wellness Coach Gina Lang will explain the basics of metabolism and ways to increase yours. Metabolism is individual and there can be up to a 900 calorie difference between the calories each person needs to function. If you have struggled on most weight loss programs, your metabolism may be the culprit. Call (859)771-6033 or email [gina.lang@gmail.com](mailto:gina.lang@gmail.com) to register for the class. Herbal detox tea will be served. Provided by Day One.

CLARK COUNTY HOME HEALTH, 273 SHOPPERS DRIVE

APRIL 22, 10-10:30AM or 10:30-11AM

**Grocery Store Tour**

Join a Registered Dietitian on a tour to learn how to make healthy food choices, save money, and read food labels to improve wellness. 10-person max. For more information contact [lyndsay.dixon@lpnt.net](mailto:lyndsay.dixon@lpnt.net). Provided by Clark Regional Medical Center.

KROGER GROCERY STORE

APRIL 22, 10AM-NOON

**Swimming Workshop at WCCPR**

Learn more about swimming! We will help you learn how to swim laps or make your swim strokes more refined. Proper swim attire, towel, water bottle, and goggles are recommended. All swimming abilities welcome. Email [wccpr.programming@gmail.com](mailto:wccpr.programming@gmail.com) with questions.

WCCPR, 15 WHEELER AVE

APRIL 24, 6PM

**Guided Trail Walk - WCCPR**

Enjoy a group walk on some of the most popular walking trails in Winchester. Comfortable walking shoes and weather-appropriate clothing suggested. Please meet in the WCCPR lobby 10 minutes prior to start.

WCCPR, 15 WHEELER AVE

APRIL 25, 5:30PM

**Injury Prevention and Recovery Strategies**

Staying healthy and energized is the key to achieving your wellness goals! This class will focus on the latest scientific methods to prevent injuries while exercising. You will also learn how to recover quicker from exercise sessions to stay fresh and rejuvenated. Instruction will be hands-on and tailored specifically to the needs of the participants. 1.5-2 Hours. Class limited to 6 participants. Call (859)745-7995 to register.

CLARK COUNTY PHYSICAL THERAPY, 273 SHOPPERS DRIVE

# May

MAY 1, 6PM

## **Guided Trail Walk – Traveling Trail**

Enjoy a group walk on some of the most popular walking trails in Winchester. Comfortable walking shoes and weather-appropriate clothing suggested. Parking lot accessed off bypass. Please meet at the trailhead 10 minutes prior to start. Email [bjones@clarkambition.org](mailto:bjones@clarkambition.org) with questions.

TRAVELING TRAIL, 873 COLBY ROAD

MAY 5, 11AM-1PM

## **Farmers' Market!**

Come and join the staff in the Clark Regional Medical Center Café for their farmers' market featuring locally grown produce and nutritious ideas for a healthy lifestyle.

CLARK REGIONAL MEDICAL CENTER

MAY 8, 6PM

## **Guided Trail Walk - BCTC**

Enjoy a group walk on some of the most popular walking trails in Winchester. Comfortable walking shoes and weather-appropriate clothing suggested. Please meet at the amphitheater behind the building at least 10 minutes prior to start.

THE GREEN AT BCTC, 2020 ROLLING HILLS LANE

MAY 10

**FINAL WEIGH-IN!!**  
**CONGRATULATIONS!!**



**MAY 13, 10AM—2PM**  
**WELLNESS CHALLENGE FINALE**

2017 Wellness Challenge Winners will be announced at Noon at **Clark Regional Medical Center's 100<sup>th</sup> Anniversary Celebration & Community Health Fair.**

CRMC will be offering health screenings, door prizes and giveaways as well as fitness classes by local organizations. Come celebrate and join us in making our community healthier!

CLARK REGIONAL MEDICAL CENTER

*The top three male and female participants with the largest % of bodyweight lost will be announced, prize drawings held and prizes awarded. Participants eligible for prize drawings must be present to win.*

## ***After The Challenge***

MAY 21, 2PM

### **4TH ANNUAL RUN FOR THE PAWS**

Join us at the BCTC Winchester Campus for a great run or walk to benefit the Clark Animal Shelter. All registrations are online at [www.RunSignup.com](http://www.RunSignup.com). Please bring one item per racer to donate to the animal shelter. Code: wellness2017. Plan to arrive by 1:30pm. Call (859)744-9554 for more information.

THE GREEN AT BCTC, 2020 ROLLING HILLS LANE



University of Kentucky  
College of Agriculture,  
Food and Environment  
Cooperative Extension Service



Gauce's  
CAFE & DELI



CLARK COUNTY  
HEALTH DEPARTMENT  
AND  
HOME HEALTH AGENCY



CLARK COUNTY  
PHYSICAL THERAPY  
AND  
REHAB



Bluegrass Community  
& Technical College

**OUR SPONSORS**  
*This event would not be possible without the generous support of our sponsors. Please make an opportunity to thank them for their contributions to the Clark County Wellness Challenge.*



BPAC



CrossFit Studio Station  
STRENGTH & COMMITMENT



CAIRN  
COFFEE HOUSE



day 1 one

The Greater Clark Foundation

AMBITION FOR A VIBRANT COMMUNITY