



Calendar of Events

- Wednesday September 24th 5:30pm-7:30pm
Deltona City Hall
"Get Fit for '15 Registration & Weigh-In"
- Saturday September 27th Starts 10:00am
Deltona Library
Heartcaring Womens Health Conference (*recommended event*)
- Wednesday October 1st 6:30pm-7:00pm
Deltona YMCA
Open House and Preview of fitness classes (*sponsored event*)
- Sunday October 5th Starts 7:00am
Lake Mary to Lake Helen
Cystic Fibrosis "Bike for Life" (*recommended event*)
- Wednesday October 8th 6:30pm-7:00pm
Deltona City Hall
Walking and Footraces: How to prepare and have fun (*sponsored event*)
- Sunday October 12th Starts 7:30am
River 2 Sea Bike Trail
"Pink Feet" 5K/10K Race (*recommended event*)
- Wednesday October 15th 6:30pm-7:00pm
Deltona Amphitheater/Library
How to Hike in Deltona's Nature Parks: Audubon Park (*sponsored event*)
- Saturday October 18th Starts at 9:00am
Audubon Park
"Walk with Audubon" Nature Hike (*recommended event*)



Wednesday October 22nd 6:30pm-7:00pm
Deltona Library
Physical and Cardiovascular Fitness for Long Term Health (*sponsored event*)

Wednesday October 29th 6:30pm-7:00pm
Deltona City Hall
Zumba, aerobics and boot camp training: Differences and benefits (*sponsored event*)

Wednesday November 5th 6:30pm-7:00pm
Deltona Amphitheater/Library
How to Hike in Deltona's Nature Parks: Lyonia Preserve (*sponsored event*)

Saturday November 8th Starts at 9:00am
Lyonia Preserve
"Walk with Audubon" Nature Hike (*recommended event*)

Wednesday November 12th 6:30pm-7:00pm
Deltona Community Center
Bike Riding for Fun with Families and Friends (*sponsored event*)

Saturday November 15th Starts at 9:00am
River 2 Sea Bike Trail
Nature Bike Ride for Family and Friends (*recommended event*)

Wednesday November 19th 6:30pm-7:00pm
Deltona City Hall
How to Quit Tobacco, and Preview "Walk with the Doc" (*sponsored event*)

Saturday November 22nd Starts at 9:00am-*to be confirmed*
River 2 Sea Bike Trail
Halifax Health's "Walk with the Doc" (*recommended event*)



Wednesday December 3rd 6:30pm-7:00pm
Deltona City Hall
Healthy Eating and Long Term Fitness (*sponsored event*)

Wednesday December 10th 6:30pm-8:00pm
Deltona City Hall
Sleep Study/"Get Fit for '15 Final Weigh-In"

Saturday December 13th Starts 10:00am
Deltona City Hall
"Santa Claus Fun Foot race & Bed Sled Challenge"