



## **“Get Fit for ‘15” Fitness Challenge Schedule of Weekly Seminars**

**September 5, 2014**— Registration for The Mayor’s Get Fit for ‘15 Fitness Challenge is well under way, and this is the schedule of the weekly seminars that are open to registered teams and to the public.

<u>Wednesday September 24<sup>th</sup></u>	5:30pm-7:30pm
Deltona City Hall “Get Fit for ‘15 Registration & Weigh-In”	
<u>Wednesday October 1<sup>st</sup></u>	6:30pm-7:00pm
Deltona YMCA Open House and Preview of fitness classes ( <i>sponsored event</i> )	
<u>Wednesday October 8<sup>th</sup></u>	6:30pm-7:00pm
Deltona City Hall Walking and Footraces: How to prepare and have fun ( <i>sponsored event</i> )	
<u>Wednesday October 15<sup>th</sup></u>	6:30pm-7:00pm
Deltona Amphitheater/Library How to Hike in Deltona’s Nature Parks: Audubon Park ( <i>sponsored event</i> )	
<u>Wednesday October 22<sup>nd</sup></u>	6:30pm-7:00pm
Deltona Library Physical and Cardiovascular Fitness for Long Term Health ( <i>sponsored event</i> )	
<u>Wednesday October 29<sup>th</sup></u>	6:30pm-7:00pm
Deltona City Hall Zumba, aerobics & boot camp: Differences and benefits ( <i>sponsored event</i> )	
<u>Wednesday November 5<sup>th</sup></u>	6:30pm-7:00pm
Deltona Amphitheater/Library How to Hike in Deltona’s Nature Parks: Lyonia Preserve ( <i>sponsored event</i> )	
<u>Wednesday November 12<sup>th</sup></u>	6:30pm-7:00pm
Deltona Community Center Bike Riding for Fun with Families and Friends ( <i>sponsored event</i> )	

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

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

Wednesday December 10<sup>th</sup>                      6:30pm-8:00pm  
Deltona City Hall  
“Get Fit for ‘15 Final Weigh-In”

Saturday December 13<sup>th</sup>                      Starts 9:00am-*to be confirmed*  
Deltona City Hall  
“Santa Claus Fun Foot Race & Bed Sled Challenge”

The City of Deltona, Florida Hospital and Halifax Health invites families, friends and businesses to participate in the Fitness Challenge, and registration is still open for teams and individuals. Go to [www.deltonafl.gov](http://www.deltonafl.gov) and the link to “Get Fit for ‘15” is on the home page. This takes you to the Fitness Challenge page and the Registration Instructions. You send in your team information and the City will send you a Confirmation Registration Form. It’s that simple!

The final weigh-in is December 10<sup>th</sup>, and prizes will be awarded for most weight lost, inches off the waistline and more. For more information, contact [getfit@deltonafl.gov](mailto:getfit@deltonafl.gov).