



FITNESS,  
SPORTS &  
AQUATICS

MORALE, WELFARE & RECREATION

## FITNESS, SPORTS & AQUATICS

The goal of the Navy Fitness Program is to create "Fitness for Life" for the entire Navy population, including active-duty Sailors, family members, retirees and DoD civilians. Individual and group instruction is available from certified fitness professionals in cardiovascular conditioning, strength training, flexibility and nutrition. Aquatics programming includes lap swimming, lessons and specialty programs, such as water aerobics. Intramural sports programs provide another outlet to promote fitness and establish esprit de corps. Active-duty Sailors and family members can participate in intramural sports programs, such as flag football, softball, basketball, volleyball, soccer, golf and more.



### Naval Weapons Station Yorktown

#### SportsZone Gym

Lebanon Church Rd, bldg. 2062

757.847.7828

Mon-Fri, 5:30 a.m. to 8 p.m.

Sat & Sun, 9 a.m. to 5 p.m.

Holidays, 9 a.m. to 5 p.m.

(except for major holidays)

All events and classes are held at NWSY gym. Call 757.847.7828, 847.7830, or 847.8040 for more information.

#### Event Calendar

##### New Year-New You

Saturday, January 21, time TBA

##### February Aerobathon

Time and date TBA

##### Intramural Basketball Tournament

March 22,23, & 27, time TBA

##### Madness Free Throw Contest

Friday, March 2, 11 a.m. to 1 p.m.

##### Regional Basketball Tournament

Saturday, March 24, time TBA

##### Racquetball Tournament

March 5-8, time TBA

##### Ongoing Classes-Group Exercise

###### Monday

Total Body Conditioning/TRX -11 a.m. to noon

###### Tuesday

Total Body Conditioning-11 a.m. to noon  
Basic Step-5 to 6 p.m.

###### Wednesday

Total Body Conditioning/ TRX -11 a.m. to noon  
R.I.P.E.D.-5 to 6 p.m.

###### Thursday

Total Body Conditioning-11 a.m. to noon  
ZUMBA-5 to 6 p.m.

##### Friday

Total Body Conditioning/TRX -  
11 a.m. to noon

##### Saturday

TRX-9:30 to 10:30 a.m.

##### Cheatham Annex

##### NWSY Cheatham Annex Gym

4th Street, bldg. 235

757.887.7453

Mon-Fri, 5:30 a.m. to 8 p.m.

Sat, 9 a.m. to 1 p.m.

All events and classes are held at the CAX gym. Please call for updated schedules and information.

#### Event Calendar

##### Naval Operational Fitness and Fueling Series (NOFFS) Training Course

Friday, January 20, 8 a.m. to 4 p.m.  
Open to Active Duty Command Fitness Leaders

and free weight equipment, two basketball courts, volleyball, group exercise room, lockers, showers and a sauna. McClure Softball Stadium, two indoor racquetball courts and tennis courts behind facility.

CFL courses are offered to command fitness leaders. NOFFS workshops are open to active duty. All other events open to AD, family members, retirees, reservists and DoD civilians. All classes and events are free of charge.

**Event Calendar**

**Mission Nutrition**

Jan 30 & 31, 7 a.m. to 2 p.m., bldg. C-9

**Cupid Shuffle**

Tue, Feb 14, 8 a.m., bldg. N-24

**Ashore/afloat Intramural Volleyball Organizational Meeting**

Tue, Feb 21, 10 a.m., bldg. N-24  
 Open to active duty personnel only; must be attached to NSN. Call 444-3586 for details.

**CFL Certification Course**

Feb 27–Mar 2, 7 a.m. 4:30 p.m., bldg. C-9

**Ashore/Afloat Intramural Spring Soccer Organizational Meeting**

Tue, Mar 27, 10 a.m., bldg. N24  
 Open to active duty personnel only; must be attached to NSN. Call 444-3586 for details.

**Mission Nutrition Course**

Mar 14 & 15, 7 a.m. to 2 p.m., bldg. C-9

**St. Patrick's Day 5K**

Fri, Mar 16, 11:30 a.m.  
 Same day registration at 10 a.m.  
 Pre-registration ends March 9.

**NOFFS Workshop**

Wed, Mar 28, 7 a.m. to 2 p.m., bldg. N-24

**Waterfront Athletic Complex**

1910 Decatur Avenue, bldg. Q-80

757.444-1267 or 1292

Mon–Fri, 5 a.m. to 9 p.m.

Sat & Sun, 1 to 9 p.m.

Holidays, noon to 7 p.m.

Waterfront Athletic Complex, building Q-80 features an indoor track, cardiovascular equipment, strength training machines, free weight equipment, basketball court, two racquetball courts, group exercise room, showers, lockers, and swimming pool. Outdoor basketball and tennis courts located on facility grounds. Q-Area/Pier ballfields located nearby.

**Event Calendar**

**30 & Over Basketball League**

Starts back Mon, Jan 9

Free and open to active duty commands attached to NSN.

**Mens Free Weight Clinic**

Wed, Jan 25, 11:30 a.m., bldg. Q-80

**NOFFS Workshop**

Thur, Jan 26, 7 a.m. to 2 p.m., bldg. Q-80

**Racquetball Ladder Tournament**

Feb 1–Mar 30

Free and open to active duty commands attached to NSN.

**30 & Over Basketball League Tournament**

Feb 6–9, bldg. Q-80

Open only to participating teams.

**Prenatal Strength Training Clinic**

Thur, Feb 23, noon, bldg. Q-80

**Q-80 Indoor Pool**

757.444.1288

Mon–Fri, 5 a.m. to 8 p.m.,

Lap swim only until 2 p.m.

Sat & Sun, 11 a.m. to 7 p.m.

Open swim & lap swim

Waterfront Athletic Complex Indoor Pool, building Q-80 is a six lane twenty-five meter indoor pool with lockers and shower facilities. Programs at the indoor pool include lap swimming and open swimming for active duty, dependents, retirees, DoD civilians and guests.

**FRP-12 Indoor Pool**

757.444.2134

Lap swim only

Mon–Fri, 6 a.m. to 8 a.m. & 11 a.m. to 6 p.m.

Saturday, 8 a.m. to noon

Fleet Recreation Park, building FRP-12 is a fifty meter indoor pool and outdoor recreational swimming pool with children's pool. Lap swim is available at the indoor pool. Programs at the outdoor recreation pool include open swimming and swimming lessons for active duty, dependents, retirees, DoD civilians and guests.

**Lessons**

WSI - Water Safety Instructor

FRP-12 Indoor Pool

Weekends: February 24–26 &

March 2–4

Ages 16 & up. Cost is \$125

**Lifeguarding**

Eligibility swim, Fri, Mar 16, 6 p.m.

One-day session, Fri, Mar 23, 5:30 to 9 p.m.

Two-day sessions, Sat & Sun, March 24 & 25

Sat & Sun, March 31 & April 2, 8:30 to 5 p.m.

Ages 15 & up. Cost is \$95

**X-73 Indoor Pool**

Command Training Pool

(757) 444-0870

By reservation only.

**Lessons**

Swim Lessons

X73 Indoor Pool

Mon & Wed, 6 to 7:45 p.m.

Jan 4–Feb 1, 2012

Cost: \$40 (Active duty, Family members & Retirees) \$45 (DoD civilian)

**Swim Lessons**

X73 Indoor Pool

Mon & Wed, 6 to 7:45 p.m.

March 5–28, 2012

Cost: \$40 (Active duty, Family members & Retirees) \$45 (DoD civilian)

**Ongoing Classes—Group Exercise**

**Monday**

Pilates—6:30 to 7:30 a.m.  
 Raja Cardio—8 to 9:15 a.m.  
 Zumba—5:30 to 6:30 p.m.  
 Bootcamp—3:30 to 4:30 p.m.

**Tuesday**

Pilates—5:30 to 6:30 p.m.  
 Level 1 Yoga—6:45 to 7:45 p.m.

**Wednesday**

Total Fitness—11:30 a.m. to 12:30 p.m.

**NSA Hampton Roads**

**Northwest Annex**

**Northwest Gym**

MOU #1 Olympic Blvd., bldg. 65  
 757.421.8263

Mon–Fri, 5 a.m. to 7 p.m.

Sat, Sun & Holidays, 8 a.m. to 2 p.m.

**Event Calendar**

Fitness classes offered Mon–Fri.  
 Please contact the fitness center at  
 421-8263 for specific times.

**Marine Corps 10K Run**

Friday, March 23

Free registration. Open to all active  
 duty, family members and DoD civilians.

**Joint Forces Staff College**

**JFSC Fitness Center**

7800 Hampton Blvd., bldg. SC-400  
 757.443.6110

Mon–Fri, 5:30 a.m. to 7:30 p.m.

Sat & Sun, 8 a.m. to noon

**Event Calendar**

**New Year, New You**

2012 Fitness Incentive Program  
 Jan 23 through Mar 21, 2012

**JFSC Healthy Lifestyles Brown Bag**

**Lunch Series**

Tues, Feb 22, 12:30 to 1:15 p.m.

Lecture topic – Women: Fit Over 40!

Lecture takes place in the Magnolia

Room, inside Marianas Hall, building  
 number SC-400, JFSC  
 Please email Kim Wood at  
 woodk@ndu.edu or call 757-443-6041  
 to register.

**The Navy SHAPE fitness program is  
 housed at JFSC.**

Senior Health Assessment Program  
 Enterprise (SHAPE) was developed to  
 improve the fitness and quality of life  
 of our service members. SHAPE will  
 educate and motivate senior personnel  
 over the age of 40 to achieve long-  
 lasting health through permanent  
 behavior change. Our vision is for the  
 over-40 Navy community to achieve  
 improved physical fitness by providing a  
 world-class program that meets the  
 individual needs of each participant.  
 Our motto is "Stay healthy, Stay fit,  
 Stay Navy." For more information go to  
 www.navyfitness.org/SHAPE or call  
 757.443.6115. Only open to  
 Active Duty only.

**Ongoing Classes—Group Exercise**

**Monday & Wednesday**

Spin-Cycle—6:15 to 7 a.m.

Circuit Training—11:30 a.m. to 12:15 p.m.

**Tuesday & Thursday**

Core Fitness—6:15 to 7 a.m.

Ab-Solution—1:30 to 11:45 a.m.

Spin-Cycle—11:45 a.m. to 12:30 p.m.

ZUMBA—3:30 to 4:30 p.m. (Tues only)

**Friday**

TRX-TBT – 6:15 to 7 a.m.

**Naval Station Norfolk**

**McCormick Sports Center**

B Avenue, bldg. CEP-58

757.444.4016

Mon–Fri, 5 a.m. to 8 p.m.

Closed weekends & holidays

McCormick Sports Center features two  
 basketball courts, cardiovascular

equipment, strength training machines,  
 free weight equipment, showers and  
 lockers. Two indoor racquetball courts  
 and three softball fields located  
 adjacent to the facility.

**Event Calendar**

**Afloat Intramural Basketball League**

January 9–February 23

Free and open to ships homeported at  
 Naval Station Norfolk.

**Womens Free Weight Clinic**

Wed, Jan 18, 11:30 a.m., bldg. CEP-58

**Afloat Intramural Basketball League**

**Tournament**

February 21–23

**NOFFS Workshop**

Wed, Feb 29, 7 a.m. to 2 p.m.,  
 bldg. CEP-58

**Organizational Coaches Meeting**

**Afloat Intramural Softball League**

Sat, March 10, 10 a.m., N-24 Gym

Free and open to ships homeported at  
 Naval Station Norfolk.

**Cardio Training Clinic**

Wed, Mar 21, 11:30 a.m., bldg. CEP-58

**Afloat Intramural Softball League**

Begins Friday, March 23

Open to ship teams homeported at  
 Naval Station Norfolk.

**N-24 Gym**

1570 Gilbert Street, bldg. N-24

757.444.2276 or 757.444.7218

Mon–Fri, 5 a.m. to 8 p.m.

Sat & Sun, 9 a.m. to 1 p.m.

N-24 Gymnasium has cardiovascular  
 equipment, strength training machines

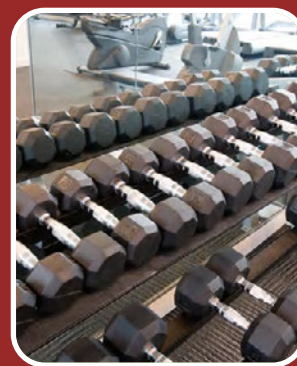
**JOINT FORCES STAFF COLLEGE**

**SHAPE**  
**FITNESS PROGRAM**

*The Navy's FREE  
 Fitness Program  
 for ages 40  
 and older.*

*Visit*

*www.iv-shape.com  
 for further details.*





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**Eat Right Challenge**  
Free one-month incentive program  
Starts Thursday, March 1

**NASCAR Cardio Cup**  
Free 20-week incentive program  
Starts Monday, March 12

**Healthy Heart Dance-A-Thon**  
Saturday, February 25, 8:30 to 10 a.m.

**Mission Nutrition**  
This program will assist sailors and their families with planning, shopping and making healthy nutrition decisions.  
Thur & Fri, March 29 & 30,  
8 a.m. to 4 p.m.

**Tourney Tuesdays!**  
Wallyball Tournament–Jan 24  
Ping Pong Tournament–Feb 2  
Lacrosse League–(Mon) Feb 13  
Racquetball Tournament–March 6  
Badminton Tournament–March 13  
Volleyball League–March 20

**Ongoing Classes–Group Exercise**  
\*FF = Family Fitness

**Monday**  
20/20/20 \*FF–11 a.m. to noon  
Step-2-It–4:45 to 5:45 p.m.

**Tuesday**  
Spin-Cycle–5:45 to 6:30 a.m.  
Core Fitness–12:15 to 1 p.m.  
Step-2-It–3:30 to 4:30 p.m.  
Bodyshaping \*FF–4:45 to 5:45 p.m.

**Wednesday**  
PT4UrPRT–7 to 8 a.m. (by request only)  
20/20/20 \*FF–11 a.m. to noon

**Thursday**  
Spin-Cycle–5:45 to 6:30 a.m.  
Core Fitness \*FF–12:15 to 1 p.m.  
Shiphape Workout–2 to 3 p.m.  
NOFFS Training–3 to 4 p.m.  
Cardio Dance–4:45 to 5:45 p.m.

**Friday**  
PT4UrPRT–7 to 8 a.m. (by request only)  
TRX–7 to 8 a.m.  
Instructors Choice – 11 a.m. to noon

**NSA Hampton Roads (Norfolk)**  
**MWR Gym**  
Blandy Rd. & Mitscher Ave., bldg. NH-30  
757.836.1810 or 757.836.1812  
Mon–Thur, 5 a.m. to 7 p.m.  
Fri, 5 a.m. to 6 p.m.  
Sat & Sun, noon to 4 p.m.

**Event Calendar**  
**Ladies 3-on-3 Basketball Tournament**  
Friday, January 27, time TBA

**New Year's Resolution Aerobathon**  
Tues, January 10, 11:30 a.m. to 1 p.m.

**Fitness Poker**  
February 6 – March 18

**Ongoing Classes–Group Exercise**  
**Monday**  
Power Circuit–7 to 7:30 a.m.  
Real Ryder Spin Cycle–11:45 a.m. to 12:30 p.m.

**Tuesday**  
Step–11:30 a.m. to 12:30 p.m.  
AbSoGlutely–12:30 to 1 p.m.  
Zumba–4:30 to 5:15 p.m.

**Wednesday**  
Yoga–7 to 7:30 a.m.  
Real Ryder Spin Cycle–11:45 a.m. to 12:30 p.m.

**Thursday**  
Step–11:30 a.m. to 12:30 p.m.  
AbSoGlutely–12:30 to 1 p.m.  
Zumba–4:30 to 5:15 p.m.

**Friday**  
Real Ryder Spin Cycle–11:45 a.m. to 12:30 p.m.

**JEB Little Creek Rockwell Hall**  
Nider Blvd. & 5<sup>th</sup> Street, bldg. 3147  
757.462.7419  
Mon–Fri, 5 a.m. to 9 p.m.  
Sat & Sun, 9 a.m. to 8 p.m.  
Holidays, 9 a.m. to 5 p.m.

**Event Calendar**  
Call 462-2399 for details on the following classes/programs:

**January**  
All-Star Fitness: 8-week program focused on wellness improvement with instructor fitness sessions.

**February– Health Heart Challenge:**  
5 Cardio Exercises + 8 min each = one hour for a healthy heart!

**March–Team Handball Tourney/League**  
Foundations of Function, Form & Fitness: Mar 13, 7 a.m., 11 a.m., 3 p.m.  
Designed to prevent injury, assess techniques and focus fitness goals.

**Fitness Center Orientation**  
2<sup>nd</sup> Thursday of each month at noon.  
40-minute session, free, walk-ins welcome! Learn more about fitness equipment, services and programs MWR provides. Call 462-2399 for details.

**Ongoing Classes–Group Exercise**  
**Tae Kwon Do**  
Classes at Rockwell Hall, Mon & Wed:  
Ages four, five and six:  
6 to 6:30 p.m.  
Beginners ages seven and older:  
7:30 to 8:30 p.m.  
Intermediate and advanced:  
7:30 to 8:30 p.m.  
All levels taught by professionals! No contract required and payments made on a month-to-month basis. Call 462-7735 for more information and costs.

**Monday**  
Mature Audience–9:30 to 10:30 a.m.  
Double Step– 1:30 a.m. to 12:30 p.m.  
Strength Training–5 to 6 p.m.

**Tuesday**  
Circuit Training–10 to 11 a.m.  
TRX Circuit–11:30 a.m. to 12:30 p.m.  
Spin Cycle–11:30 a.m. to 12:30 p.m.  
Zumba–5:45 to 6:45 p.m.  
Body Design–5:30 to 6:30 p.m.  
Abs Blast–6:30 to 7:30 p.m.  
Cycling–6:45 to 7:45 p.m.  
Boot Camp–5:30 to 6:30 p.m.

**Wednesday**  
Zumba– 1:30 a.m. to 12:30 p.m.  
Level 1 Yoga–11:30 a.m. to 12:30 a.m.  
Prenatal Yoga–12:45 to 2:00 p.m.

**Thursday**  
Mature Audience–9:30 to 10:30 a.m.  
TRX Circuit–9:30 to 10:30 a.m.  
Kickboxing–11:30 a.m. to 12:30 a.m.  
Spin Cycle–4:15 to 5:15 p.m.  
Zumba–5:45 to 6:45 p.m.

**Friday**  
Raja Cardio–6:30 to 7:30 a.m.  
Pilates–8 to 9:00 a.m.  
Advanced Step Interval–11:30 a.m. to 12:30 p.m.  
Abs Blast–12:30 to 1:30 p.m.

**Saturday**  
Total Fitness–11 a.m. to 12:00 p.m.  
Multi-Level Yoga–12:15 to 1:15 p.m.  
Prenatal Yoga–1:30 to 2:45 p.m.

**JEB Fort Story Fort Story Gym**  
Leyte Road, bldg. 707  
757.422.7975 or 757.422.7052



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**Mission Nutrition Course**  
Fridays, Feb 3–24, noon to 1:30 p.m.

**March Madness Free Throw Contest**  
Friday, March 2

**PRT Ready**  
March dates TBA  
Monday–Friday, 11 to 11:45 a.m.  
Registration required.

**Ongoing Classes–Group Exercise**  
**Tuesday & Thursday**  
Yoga/Pilates–Noon to 12:45 p.m.  
**Monday & Wednesday**  
Anaerobics  
Noon to 12:45 p.m.

**Huntington Hall**  
**Huntington Hall Gym**  
3100 Huntington Avenue, bldg. 633  
757.534.0090  
5:30 a.m. to 8 p.m.

**Event Calendar**  
**Volleyball Tournament**  
Thursday, January 19, 3 to 5 p.m.

**Powerful Arms Contest**  
Tuesday, February 28

**Hot Shots Basketball**  
March 8, 11 a.m. to 1 p.m.

**Pull Ups Contest**  
Thursday, March 29

**Ongoing Classes**  
**Jan**–Nutrition info available all month  
**Feb**–Cardio Blackjack all month

**NAS Oceana**  
**Hornet's Nest Fitness Center**  
D Avenue, bldg. 529  
757.433.3928  
Mon–Thur, 5:30 a.m. to 7 p.m.  
Fri, 5:30 a.m. to 4 p.m.  
Closed weekends.  
Call the Hornet's Nest directly for more information about group exercise classes.

**Flightline Fitness Center**  
5<sup>th</sup> Street, bldg. 545  
757.433.2786  
Mon–Fri, 5 a.m. to 9 p.m.  
Sat & Sun, 8 a.m. to 8 p.m.

**Event Calendar**  
**Over 30 Basketball**  
Starts in January, call for details!

**Dodgeball Tournament**  
Tuesday, February 14, time TBA

**Volleyball League**  
Starts Monday, February 27, time TBA

**Dam Neck Annex**  
**Dam Neck Gym**  
1977 Terrier Ave, bldg. 524  
757.492.7483  
Mon–Thur, 5:30 a.m. to 8 p.m.  
Fri, 5:30 a.m. to 7 p.m.  
Sat & Sun, 8 am. to 4 p.m.  
Holidays as announced.

**Ongoing Classes–Group Exercise**  
**Monday**  
TRX Circuit–10:45 to 11:25 a.m.  
Spin Cycle–11:30 a.m. to 12:30 p.m.  
Spin Cycle–5 to 6 p.m.  
**Tuesday**  
TRX Clinic–6 to 7 a.m.  
TRX Clinic–7 to 8 a.m.  
Spin Cycle–11:30 a.m. to 12:30 p.m.  
**Wednesday**  
Max Intensity–6 to 7 a.m.  
ZUMBA–7 to 8 a.m.  
ZUMBA–11:30 a.m. to 12:30 p.m.  
Spin Cycle–4 to 5 p.m.

**Thursday**  
TRX Circuit–6 to 7 a.m.  
TRX Circuit–7 to 8 a.m.  
Spin Cycle–11:30 a.m. to 12:30 p.m.  
ZUMBA–6 to 6:45 p.m.  
Yoga–7 to 8 p.m.

**Friday**  
Max Intensity–6 to 7 a.m.  
Command PT–7 to 8 a.m.  
Spin Cycle–4 to 5 p.m.  
Family Fitness Open Rec–5 to 6 p.m.

**Saturday**  
Yoga–8 to 9 a.m.  
No classes are held on holidays.

**Norfolk Naval Shipyard**  
**Callaghan Fitness Center**  
NNSY, Cole Avenue, bldg. 310  
757.967.2500  
Mon–Fri, 5 a.m. to 8 p.m.  
Sat & Sun, 8 a.m. to 4 p.m.

**Event Calendar**  
**New Year New You**  
Begins Monday, January 9  
Weigh-in between 6 a.m. & 4 p.m.  
Cost is \$10 per person.

**Healthy Heart Challenge**  
Free one-month incentive program  
Starts Wednesday, February 1

**Eat Right Challenge**  
Free one-month incentive program  
Starts Thursday, March 1

**1-Rep Max Bench Press Contest**  
Wednesday, March 7, 6 a.m. to 6 p.m.

**NASCAR Cardio Cup**  
Free 20-week incentive program  
Starts Monday, March 12

**Red, White & Blue 5K Run**  
Wednesday, April 4

**Ongoing Classes–Group Exercise**  
**Monday**  
PT4UrPRT(FEP)–6 to 7 a.m. (by request only)  
Core Fitness– :15 to 4:45 p.m.  
Step Cross Training–5 to 6 p.m.  
Yoga–6 to 7 p.m.  
**Tuesday**  
PT4UrPRT(FEP)–6 to 7 a.m.  
TRX– 0:30 to 11 a.m.  
Core Fitness–11:15 to 11:45 a.m.  
Turbo Cardio Kick–4:15 to 4:45 p.m.  
Boot Camp–5 to 6 p.m.  
Spin-Cycle–6 to 7 p.m.

**Wednesday**  
NOFFS Training–6 to 7 a.m.  
Core Fitness–4:15 to 4:45 p.m.  
Cardio Dance–5 to 6 p.m.

**Thursday**  
PT4UrPRT(FEP)–6 to 7 a.m.  
Core Fitness–11:15 to 11:45 a.m.  
Circuit Training–5 to 6 p.m.

**Friday**  
PT4UrPRT(FEP)–6 to 7 a.m. (by request only)  
Spin-Cycle–11:15 to 11:45 a.m.  
Spin-Cycle–4 to 5 p.m.

**Saturday**  
Instructors Choice – 10 to 11 a.m.  
(Every 1st 3rd & 5th Saturday only.)

**NSA Hampton Roads**  
**Hospital Annex**  
**NSAHRHA Gym**  
1101 Holcomb Road, bldg. 276  
757.953.7108  
Mon–Fri, 4:30 a.m. to 8 p.m.  
Sat & Sun, 8 a.m. to 4 p.m.

**Event Calendar**  
**New Year New You**  
Begins Monday, January 9  
Weigh-in between 6 a.m. & 4 p.m.  
Cost is \$10 per person.

**Healthy Heart Challenge Month**  
Starts Wednesday, February 1