

75-Day Community **STRIVE** Fitness Plan

Mission-Aligned Goal:

Enhance quality of life by offering inclusive, accessible, and empowering fitness opportunities that build healthy individuals and thriving communities.

Weekly STRIVE Schedule (Repeats every 7 days-interchange with various different activities/exercises)

<u>Day</u>	<u>Value</u>	<u>Focus Activity</u>
Monday	Support	Pickleball, Water Aerobics, Martial Arts (Sampler sessions)
Tuesday	Teamwork	Partner Circuit Training (Strength + Cardio)
Wednesday	Respect	Zumba, Salsaerobics, Hula for Fitness(Adaptive + All levels)
Thursday	Integrity	Yoga, Tai Chi, Mind-Body Fusion (Meditation & body awareness)
Friday	Value	Park Walks/Jogging, Golf
Saturday	Excellence	Challenge Day (HIIT, obstacle courses, incentives), Outdoor Adventure
Sunday	<i>Recharge</i>	Community hike, rest, or stretch day, (weekly check-ins)

75-Day Plan Overview

- **Total Duration:** 75 days (11 weeks)
- **Weekly Cycle:** Repeat the STRIVE schedule each week.
- **Flex Days:** Every 4th Sunday can optionally be a complete rest day with no organized activities.

Key Components:

1. Fitness for All

- Daily Classes** rotate to include:
- Yoga (all levels)
- Zumba
- Strength Training
- Aqua Fitness (where available)
- Health & Fitness
- Sports - Lots of variety to choose from

Active Adult & Senior Programs for 50+: youthful fitness programs to keep you strong and flexible.

Adaptive Programs: fun therapeutic sports and recreation programs available.

1. Family & Intergenerational Fitness:

- Dance
- Golf
- Karate
- Health & Fitness/Yoga
- Outdoor Adventures
- Sports
- Swim & Water Activities