

2026 FITNESS CHALLENGES

12 Months of Wellness & Community

Transform Your Year, One Month at a Time

01 JANUARY



GET FIT IN 2026

Weight Loss Challenge - Start the year strong with healthy habits

02 FEBRUARY



LOVE YOUR HEART

Cardio Challenge - 28 days of heart-pumping activities

03 MARCH



MARCH MADNESS BRACKET

Tournament Competition - 16 teams battle in weekly fitness challenges

04 APRIL



SPRING INTO ACTION

Outdoor Adventure - Explore nature with hiking, biking & outdoor activities

05 MAY



MENTAL HEALTH & MINDFULNESS

Mind-Body wellness - Daily meditation, yoga & stress management

06 JUNE



SUMMER SLIMDOWN

Nutrition Challenge - Healthy eating habits & meal prep workshops

07 JULY



INDEPENDENCE DAY DASH

Distance Challenge - Log 50 miles your way with July 4th virtual race

08 AUGUST



HYDRATION STATION

Wellness & Water - Daily water tracking & summer safety tips

09 SEPTEMBER



BACK TO BASICS

Strength Training - Build your foundation with 3x weekly workouts

10 OCTOBER



SPOOKTACULAR FITNESS BINGO

Variety & Fun - Complete 25 different activities for prizes

11 NOVEMBER



PLANKSGIVING RETURNS

Core strength - Progressive plank challenge & turkey trot

12 DECEMBER



12 DAYS OF FITMAS

Holiday Hustle - Stay active with flexible mini-challenges

Join Us Every Month !

Prizes, Team Competitions & Fun Activities All Year Long

