

December Winter Warriors – A Winter Challenge

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Armory: 155 Culver Road, 697-3338 Ridgeway: 2522 Ridgeway Ave, 270-4334 M-F 10am – 7pm; Sat. 9am – 5pm; Sun. 12pm – 5pm fleetfeetrochester.com www.yellowjacketracing.com						1
 2	3	4	5	6	7	8
		Winter Warrior – A Winter Challenge Kick off!!! 6pm @ The Armory 5pt. Challenge 5 Squats			Light up the night Workout 6pm @ Ridgeway or Armory 5pt. Challenge 5 Squats	Candy Cane Workout 9:15am @ The Armory 5pt Challenge 5 Squats
9	10	11	12	13	14	15
Good Form Running Clinic 10am @ The Armory	Monday Funday Workout 6pm @ Ridgeway 5pt Challenge 10 Squats	Tuesday Night Hills 6pm @ The Armory 5pt. Challenge 10 Squats Cold, Colder, Coldest talk 7pm Armory			Favorite UGLY/Festive Holiday Sweater Workout 6pm @ Ridgeway or Armory 5pt. Challenge 10 Squats	Reindeer Run 5K 10 pt. Challenge 10 Squats
16	17	18	19	20	21	22
	Monday Funday Workout 6pm @ Ridgeway 5pt Challenge 15 Squats	Saucony Wear Test & Tuesday Night Hills 6pm @ The Armory 5pt. Challenge 15 Squats	Snow Cheap Race #1 7pt.		Counting of the lights Workout 6pm @ Ridgeway or Armory 5pt. Challenge 15 Squats	Saturday Workout 9:15am @ The Armory 5pt Challenge 15 Squats
23/30	24/31	25	26	27	28	29
	24th – 10am Eggnog Jog 7pt Challenge 20 Squats 31st – 10am Resolution run 7pt	Merry Christmas!!! & Happy Holidays. Store Closed			Woolly Workout 6pm @ Ridgeway or Armory 5pt. Challenge 20 Squats	Saturday Workout 9:15am @ Ridgeway 5pt Challenge 20 Squats