

# 2024 JUNE

Name: \_\_\_\_\_ Age: \_\_\_\_\_  
 Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_



PARTICIPATE IN ANY OF THESE **FREE** ACTIVITIES, OR DO SOMETHING ON YOUR OWN!

### ACTIVITY RECORD INSTRUCTIONS:

**Record physical activity minutes done each day** in the calendar below. Submit your activity calendar to Harvey Health Centre by **TUESDAY, JULY 2 TO ENTER** for the chance to WIN!  
 Prizes for most active Youth, Adult (18+) and Senior (55+)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	WEEK TOTAL
						1	2
					8am - Kick-off Walk - start at Catharine Pendrel Lakeside Trail 8:30 am - HIIT @ HMCC 9 am - Gr. 2-4 Basketball @ HHS 10:30 am - Gr. K-1 Basketball @ HHS		
3	4	5	6	7	8	9	
9 am - Seniors Exercise @ HMCC 6:30pm - Gr 5-7 Basketball @HHS 7 pm - HIIT Class @ HMCC 8 pm - Men's Basketball @ HHS	7pm - Walk/Run with Dr. Dan @ Lakeside Trail 8pm - Co-Ed Volleyball @HHS	6 pm - <b>HMBA Field Grand Opening @ HHS</b> 7 pm - HIIT Class @HMCC 8 pm - Pickleball @ HMCC 8 pm - Women's Basketball @HHS	6:30pm - Gr 5-7 Basketball @HHS 8 pm - Men's Basketball @ HHS	9 am - Seniors Exercise @ HMCC	8am - Walk/Run with Dr. Dan @ Lakeside Trail 9am - HIIT @ HMCC 9 am - Gr. 2-4 Basketball @ HHS 10:30 am - Gr. K-1 Basketball @ HHS 1pm - Bike Rodeo @ HES		
10	11	12	13	14	15	16	
9 am - Seniors Exercise @ HMCC 6:30pm - Gr 5-7 Basketball @HHS 7 pm - HIIT Class @ HMCC (outside) 8 pm - Men's Basketball @ HHS	<b>6pm - Intro to Strength Training @ HMCC</b> 7pm - Walk/Run with Dr. Dan @ Lakeside Trail 8pm - Co-Ed Volleyball @HHS	6:30pm - Gr 2-4 Basketball @HHS <b>6pm - Intro to HIIT @HMCC</b> 7 pm - HIIT Class @HMCC 8 pm - Pickleball @ HMCC 8 pm - Women's Basketball @HHS	6:30pm - Gr 5-7 Basketball @HHS <b>7 pm - YOU MATTER Walk for Mental Health @ Harvey Health Centre</b> 8 pm - Men's Basketball @ HMCC	9 am - Seniors Exercise @ HMCC	8am - Walk/Run with Dr. Dan @ Lakeside Trail 9am - HIIT @ HMCC 9 am - Gr. 2-4 Basketball @ HHS 10:30 am - Gr. K-1 Basketball @ HHS <b>1pm - Colour Run @Lake George Family Campground</b>		
17	18	19	20	21	22	23	
9 am - Seniors Exercise @ HMCC <b>6pm - Intro to HIIT @HMCC</b> 7 pm - HIIT Class @ HMCC 8 pm - Men's Basketball @ HMCC	<b>6pm - Intro to Power Yoga with Michelle @ HMCC</b> 7pm - Walk/Run with Dr. Dan from Lakeside Trail	7 pm - HIIT Class @ HMCC 8 pm - Pickleball @ HMCC	8 pm - Men's Basketball @ HMCC	9 am - Seniors Exercise @ HMCC	9am - HIIT @ HMCC 9 am - Gr. 2-4 Basketball @ HHS 10:30 am - Gr. K-1 Basketball @ HHS <b>Relay Around Harvey</b>	<b>9 am - Intro to Beginner Flow Yoga with Michelle @HMCC</b>	
24	25	26	27	28	29	30	
9 am - Seniors Exercise @ HMCC 6:30pm - Gr 5-7 Basketball @HHS 7 pm - HIIT Class @ HMCC 8 pm - Men's Basketball @ HHS	7pm - Walk/Run with Dr. Dan from Lakeside Trail <b>7:30pm - Restorative Yoga @Mindful Bliss Studio (York Mills)</b> 8pm - Co-Ed Volleyball @HHS	6:30pm - Gr 2-4 Basketball @HHS 7 pm - HIIT Class @HMCC 8 pm - Pickleball @ HMCC 8 pm - Women's Basketball @HHS	6:30pm - Gr 5-7 Basketball @HHS 8 pm - Men's Basketball @ HHS	<b>24 Hour Activity Marathon - full schedule will be on HCD website</b>	<b>24 Hour Activity Marathon - full schedule will be on HCD website</b>		