



## MAYOR'S HEALTH & FITNESS CHALLENGE

# Schedule of Activities

### *Weigh-ins*

- Weigh-ins will be conducted at Hesperia City Hall, 9700 Seventh Avenue in the City Council Chambers on the **4<sup>th</sup> Tuesday of the month from 7:30am - 9:30am or from 5pm - 7pm.**
- Contestants must weigh in once-a-month at a scheduled time. Missing one month may result in disqualification.
- Determination of the weigh-in attendants will be final.
- Choose the attire you wish to be weighed in, and stay consistent each month. (photos will be taken)

### *Fitness with the Mayor*

- Fitness with the Mayor events are not mandatory, but participants are encouraged to join Mayor Schmidt for bi-monthly activities. Events will be held at Civic Plaza Park located at 15833 Smoke Tree Street in Hesperia (behind City Hall); participants are encouraged to bring their families along. **Fitness events are on the first and third Saturday of each month, 7am - 8am.**

### *Schedule*

- REGISTRATION - September 7 - September 19
- Final Registration - September 19 - Hesperia Days - Visit the City of Hesperia Healthy Hesperia Booth for more information
- **WEIGH-IN: September 22—Initial weigh in for official starting weight**
- **KICK-OFF: September 26, 5pm - 7pm - Health & Fitness Night with the Mayor - City Council Chambers**
- **FITNESS:** October 3, Civic Plaza Park - meet in front of the granite globe
- **EDUCATION:** October 7, 5:30pm - 6:30pm - Percy Bakker Community Center, 9333 E Avenue
- **FITNESS:** October 17, Civic Plaza Park - meet in front of the granite globe - Come back for the Health & Safety Fair 10am - 2pm and visit the Healthy Hesperia booth
- **ADDED BONUS:** Participate in the Victor Valley Bike Tour - Visit [www.VictorValleyBicycleTour.com](http://www.VictorValleyBicycleTour.com)
- **WEIGH-IN: October 27**
- **EDUCATION:** November 4, 5:30pm - 6:30pm - Percy Bakker Community Center, 9333 E Avenue
- **FITNESS:** November 7, Civic Plaza Park - meet in front of the granite globe
- **FITNESS:** November 21, Civic Plaza Park - meet in front of the granite globe
- **WEIGH-IN: November 24 - Final weigh in to determine winner**
- **WINNERS!: December 1 - Winners announced at the City Council Meeting at 6:30pm at Hesperia City Hall Council Chambers**

