

## January - Schedule of Events for Health Shoppe & Fox Fitness Body Transformation Challenge

Other events may be added...Check website for updates.

### Locations:

Health Shoppe: 8025 Kingston Pike; 865-693-4909

Fox Fitness Studio @ Premier Martial Arts: 8425 Kingston Pike; 865-247-6600

- January 1<sup>st</sup>-11<sup>th</sup> :** **Dates to enter the Health Shoppe & Fox Fitness Knoxville Body Transformation Challenge**  
(Please Pick up/Drop off Applications at the Health Shoppe)
- Friday, January 1<sup>st</sup>:** **Knoxville Track Club New Year's Day 5K @ Calhoun's on the River** – Race Starts at 9:30 am – Fox Fitness will be there with Entry Forms and Bodyfat Analyzer until end of race & awards  
More info here: <http://www.ktc.org/Applications2010/NewYears10.pdf>
- Saturday, January 2<sup>nd</sup>:** 11:30 am – 2:00 pm **Free Body Fat Testing and Free ON Samples** at the Health Shoppe
- Thursday, January 7<sup>th</sup>:** 6:00 – 8:00 pm **Body Transformation Challenge Kickoff** at the Health Shoppe – Learn more about the challenge, eat some healthy food, and learn some fitness tips to get you started right in 2010. Becky will also be available to help with bodyfat testing, measurements, or photos.
- Saturday, January 9<sup>th</sup>:** 9:00 am **American Heart Association Family Charity Boot Camp** (\$15/person donation) at Fox Fitness' new Get Foxy Boot Camp location Premier Martial Arts – class starts at 9:00 am sharp so please arrive early if you've never attended a boot camp before! Classes are a basic, low-impact level and children over 10 welcome with a parent.  
  
3:00 pm – 5:00 pm **Free Body Fat Testing and Free ON Samples** at the Health Shoppe
- Thursday, January 14<sup>th</sup>:** 6:00 – 7:00 pm **Health Shoppe/Fox Fitness Bi-Weekly Free Run/Walk & Seminar Starts** – Meet at the Health Shoppe and we will run or walk on the greenway at West Hills Park. All fitness levels welcome! 30 minutes will be devoted to activity and 30 minutes to a health, fitness, or nutrition topic with questions.
- Saturday, January 16<sup>th</sup>:** 9:00 am **Free Earthfare Grocery Store Tour in Turkey Creek** (Please RSVP to Becky at 243-5361 or [becky@foxfitness.com](mailto:becky@foxfitness.com) as space is limited to the first 12). Stop the confusion! Learn about healthy eating and what to buy at the store.
- Saturday, January 23<sup>rd</sup>:** 9:00 am **Free Family Get Foxy Boot Camp @ Premier Martial Arts** – This is a basic level boot camp so all fitness levels welcome. Kids over 10 are welcome with a parent.
- Thursday, January 28<sup>th</sup>:** 6:00- 7:00 pm **Health Shoppe/Fox Fitness Bi-Weekly Free Run/Walk & Seminar** – Meet at the Health Shoppe and we will run or walk on the greenway at West Hills Park. All fitness levels welcome! We will also spend a few minutes at the beginning on a weekly fitness and nutrition tip.
- January 29<sup>th</sup> and 30<sup>th</sup> :** **The Healthy Living Expo** at the Knoxville Convention Center – come visit the Health Shoppe and Fox Fitness. The Fox Fitness Booth will be measuring Body Fat to help track your progress and offering free Fitness advice to keep you on track toward your goals.

For questions on the schedule please contact Becky Fox at 243-5361 or [becky@foxfitness.com](mailto:becky@foxfitness.com).