

2026 FITNESS CHALLENGES



JOIN NOW

Get Fit Every Season!

Join us for an exciting year of fitness challenges designed to keep you motivated, active, and healthy throughout the year. Whether you're a beginner or a seasoned athlete, there's something for everyone in each season's unique challenge.

Winter Warm-Up Challenge

Dates: January 5, 2026 - March 1, 2026

Theme: "New Year, New Strength"

Focus: Building consistency and foundational strength.

Registration Due: January 3, 2026

Spring Into Action Challenge

Dates: April 6, 2026 - May 31, 2026

Theme: "Bloom & Grow"

Focus: Mobility, endurance, and re-energizing after winter.

Registration Due: April 3, 2026

Sizzling Summer Challenge

Dates: July 6, 2026 - August 30, 2026

Theme: "Heat Hustle"

Focus: High-energy workouts, stamina, and fun in the sun.

Registration Due: July 3, 2026

Fall into Fitness Challenge

Dates: October 5, 2026 - November 30, 2026

Theme: *"Finish Strong"*

Focus: Strength and balance before the holidays.

Registration Due: October 2, 2026

Sign Up Today!

Visit our website or contact us at **wellness@samishtribe.nsn.us** to register. Don't miss out on the chance to transform your fitness journey in 2026!

Stay Active, Stay Healthy, Stay Happy!