

FCWCC Weight Loss Challenge activities

Date	Name	Activity	Location
Jan. 9, 2009	all	Expo & Measure-in, mandatory attendance	National University 12-1:30pm
Jan. 10, 2009	Lisa	Nutrition and Fitness info.	9am
Jan. 17, 2009	Rob	Fitness Together - Bootcamp	Woodward Park 7am-8am
Jan. 24, 2009	Pat	Yoga/meditation ****	Yoga Center 3930 E. Saginaw 9:30 am
Jan. 31, 2009	Kim	Fitness Training ****	Inferno 200 W. Bullard (need time)
Feb. 7, 2009	Deb	Caridio muscle tone	9am-10am (need location)
Feb. 14, 2009	Gina	Love Letter	TBA
Feb. 21, 2009	Tami	Trail Walk Woodward Park	7am-9am Starbucks Friant/Ft Washington
Feb. 28, 2009	Rob	Fitness Together - Bootcamp	Woodward Park 7am-8am
March 7, 2009	Kim	Curves ****	TBA
March 14, 2009	Kim	Power Hour	Clovis West High Track 8am
March 21, 2009	Pat	Bike Ride	Woodward Park (time is TBA)
March 28, 2009	Rob	Fitness Together - Bootcamp	Woodward Park 7am-8am
April 4, 2009	Gina	TBA	TBA
April 7, 2009	all	Measure-out, mandatory attendance	12-1:30pm (need location)

NOTE \*\*\*\* MUST PRE-REGISTER TO ATTEND

Please call should you have any questions, Lisa 559-240-4079