



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5 Wellness Challenge Weigh Starts	6	7	8 Stability Ball 12:00 noon 6:00 PM Princeton Physical Therapy	9 Lab Day at the Health Department 8:00-10:00	10
11	12 Health Department CLOSED	13 Weight machine instruction Coach Hotmer Stacy Center 6:00-7:00 PM	14	15 Weight machine instruction Coach Hotmer Stacy Center 6:00-7:00 PM	16	17
18	19 Health Department CLOSED	20	21	22	23 Kettle Bell 6:00-7:00 PM Stacy Center Bring kettle bell's if you have them or hand weights	24 Zumba 10:00-11:00 AM Stacy Center
25	26	27	28			

