



December 2013 WMU™ & Events Calendar for CFWLS

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|--|---|--|---|-----|--|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| <i>Fitness Focus: Push-ups & Modifications</i> | 5:30-6:30pm WMU Lifestyle Education Class: No More Excuses – Exercise for Everyone 6:30-7:30pm WMU Group Fitness Interval Training | 4:00-6:00pm Free Weight Loss Surgery Seminar With Dr. Clark 6:00-7:00pm WLF Get FITT | 12:00-12:30 pm Fit Xpress 5:30-6:30pm WMU Group Fitness PiYo | 6:00-7:00pm WLF Yoga | | 8:30-9:30am WMU Group Fitness Zumba |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| <i>Fitness Focus: Importance of Cool-downs</i> | 5:30-6:30pm WMU Lifestyle Education Class: Are You Really Hungry? 6:30-7:30pm WMU Group Fitness Interval Training | 4:00-6:00pm Free Weight Loss Surgery Seminar With Dr. Clark 6:00-7:00pm WLF Get FITT | 12:00-12:30 pm Fit Xpress 5:30-6:30pm WMU Group Fitness PiYo 7:00-8:00pm Support Group | 6:00-7:00pm WLF Yoga | | 8:30-9:30am WMU Group Fitness Zumba 9:00-11:00am Free Weight Loss Surgery Seminar With Dr. Clark |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| <i>Fitness Focus: Dumbbells</i> | 5:30-6:30pm WMU Lifestyle Education Class: Diet & Exercise Myths 6:30-7:30pm WMU Group Fitness Interval Training <i>Store Event 4:00-7:00 pm</i> | 4:00-6:00pm Free Weight Loss Surgery Seminar With Dr. Clark 6:00-7:00pm WLF Get FITT | 12:00-12:30 pm Fit Xpress 5:30-6:30pm WMU Group Fitness PiYo | 6:00-7:00pm WLF Yoga | | 8:30-9:30am WMU Group Fitness Zumba |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| <i>Fitness Focus: Fuel for Fitness</i> | 5:30-6:30pm WMU Lifestyle Education Class: The Happiness Factor 6:30-7:30pm WMU Group Fitness Interval Training | Office Closing at 1 pm |  | Office Closed | | 8:30-9:30am WMU Group Fitness Zumba |
| 29 | 30 | 31 | | | | |
| <i>Fitness Focus: Setting Fitness Goals</i> | 5:30-6:30pm WMU Lifestyle Education Class: Self-Talk to Success 6:30-7:30pm WMU Group Fitness Interval Training | Office Closing at 4 pm |  | Nutrition Store: M-F 9:00am – 7:00pm Sat – 9:00am – 2:00pm | | Check your Membership Site for more info! |