

June 2013 WMU™ & Events Calendar for CFWLS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
<i>Fitness Focus: Hydration & Your Workout</i>	Don't forget to download your WMU Newsletter!					8:30-9:30am WMU Group Fitness Zumba
2	3	4	5	6	7	8
<i>Fitness Focus: Push-ups & Modifications</i>	5:30-6:30pm WMU Lifestyle Education Class: <i>Going Somewhere? Tips on Trips</i> 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	5:30-6:30pm WMU Group Fitness PiYo	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
9	10	11	12	13	14	15
<i>Fitness Focus: Importance of Cool-downs</i>	5:30-6:30pm WMU Lifestyle Education Class: <i>No More Excuses – Exercise for Everyone!</i> 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	5:30-6:30pm WMU Group Fitness PiYo 7:00-8:00pm Support Group w/ Dr. Clark	6:00-7:00pm WLF Yoga		8:30-9:30am WMU Group Fitness Zumba
16	17	18	19	20	21	22
<i>Fitness Focus: Dumbbells</i>	5:30-6:30pm WMU Lifestyle Education Class: <i>Are You Really Hungry?</i> 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	5:30-6:30pm WMU Group Fitness PiYo	6:00-7:00pm WLF Yoga		8:30-9:30am WMU Group Fitness Zumba
23/30	24	25	26	27	28	29
<i>Fitness Focus: Concentric & Eccentric Contractions</i>	5:30-6:30pm WMU Lifestyle Education Class: <i>The Happiness Factor</i> 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	5:30-6:30pm WMU Group Fitness PiYo	6:00-7:00pm WLF Yoga		Nutrition Store: M-F 9:00am – 7:00pm Sat – 9:00am – 2:00pm