

May 2013 WMU™ & Events Calendar for CFWLS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
<i>Fitness Focus: Shoulder Girdle</i>	Don't forget to download your WMU Newsletter!		5:30-6:30pm WMU Group Fitness PiYo	6:00-7:00pm WLF Yoga		8:30-9:30am WMU Group Fitness Zumba
5	6	7	8	9	10	11
<i>Fitness Focus: Lunges & Modifications</i>	5:30-6:30pm WMU Lifestyle Education Class: <i>Weight Regain & Getting Back on Track</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 9:00-11:00am Free Weight Loss Surgery Seminar With Dr. Clark
12	13	14	15	16	17	18
<i>Fitness Focus: Importance of Warm-ups</i>	5:30-6:30pm WMU Lifestyle Education Class: <i>Celebrations: Family, Friends & Festivities</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
19	20	21	22	23	24	25
<i>Fitness Focus: Body Bar Options</i>	5:30-6:30pm WMU Lifestyle Education Class: <i>Stress Relief</i> 6:30-7:30pm WMU Group Fitness Interval Training <i>Store Event 4:00-7:00 pm Book Signing Party</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
26	27	28	29	30	31	
<i>Fitness Focus: Hydration & Your Workout</i>	Memorial's Day No classes will be held.	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