

November 2013 WMU™ & Events Calendar for CFWLS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
<i>Fitness Focus:</i> <i>Shoulder Girdle</i>		Tune in to Losing Weight USA each Tuesday evening at 6!	<b>Download your WMU and Losing Weight USA Newsletters!</b>			8:30 – 9:30 am WMU Group Fitness Zumba
3	4	5	6	7	8	9
<i>Fitness Focus:</i> <i>Lunges &amp; Modifications</i>	5:30-6:30pm WMU Lifestyle Education Class: <i>Weight Regain &amp; Getting Back on Track</i>  6:30-7:30pm WMU Group Fitness Interval Training	<b>4:00-6:00pm Free Weight Loss Surgery Seminar With Dr. Clark</b>  6:00-7:00pm WLF Get FITT	12:00-12:30 Fit Express  5:30-6:30pm WMU Group Fitness PiYo	6:00-7:00pm WLF Yoga		<b>9:00-11:00am Free Weight Loss Surgery Seminar With Dr. Clark</b>
10	11	12	13	14	15	16
<i>Fitness Focus:</i> <i>Importance of Warm-ups</i>	5:30-6:30pm WMU Lifestyle Education Class: <i>Celebrations – Friends, Family &amp; Festivities</i>  6:30-7:30pm WMU Group Fitness Interval Training	<b>4:00-6:00pm Free Weight Loss Surgery Seminar With Dr. Clark</b>  6:00-7:00pm WLF Get FITT	12:00-12:30 Fit Express  5:30-6:30pm WMU Group Fitness PiYo  <b>7:00-8:00pm Support Group w/ Dr. Clark</b>	6:00-7:00pm WLF Yoga		8:30 – 9:30 am WMU Group Fitness Zumba
17	18	19	20	21	22	23
<i>Fitness Focus:</i> <i>Body Bar Options</i>	5:30-6:30pm WMU Lifestyle Education Class: <i>Stress and Its Effect on Weight Loss</i>  6:30-7:30pm WMU Group Fitness Interval Training  <i>Store Event 4:00-7:00 pm</i>	<b>4:00-6:00pm Free Weight Loss Surgery Seminar With Dr. Clark</b>  6:00-7:00pm WLF Get FITT	12:00-12:30 Fit Express  5:30-6:30pm WMU Group Fitness PiYo	6:00-7:00pm WLF Yoga		8:30 – 9:30 am WMU Group Fitness Zumba
24	25	26	27	28	29	30
<i>Fitness Focus:</i> <i>Hydration &amp; Your Workout</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	<b>4:00-6:00pm Free Weight Loss Surgery Seminar With Dr. Clark</b>  6:00-7:00pm WLF Get FITT	12:00-12:30 Fit Express  Closing at 4 pm No evening class	Happy Thanksgiving! 	<b>Office Closed</b>  <b>Store Open 9am – 7 pm</b>	8:30 – 9:30 am WMU Group Fitness Zumba  <b>Nutrition Store: M-F 9:00am – 7:00pm Sat – 9:00am – 2:00pm</b>