

August 2013 WMU™ & Events Calendar for CFWLS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
	Don't forget to download your WMU Newsletter!		<b>Nutrition Store:</b> M-F 9:00am – 7:00pm Sat – 9:00am – 2:00pm	6:00-7:00pm WLF Yoga		8:30-9:30am WMU Group Fitness Zumba  9:00-11:00am <b>Free Weight Loss Surgery Seminar With Dr. Clark</b>
4	5	6	7	8	9	10
<i>Fitness Focus: Squats &amp; Modifications</i>	5:30-6:30pm WMU Lifestyle Education Class: <i>Let's Get Physical – Strong &amp; Safe</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	5:30-6:30pm WMU Group Fitness PiYo	6:00-7:00pm WLF Yoga		8:30-9:30am WMU Group Fitness Zumba
11	12	13	14	15	16	17
<i>Fitness Focus: Sports Drinks</i>	5:30-6:30pm WMU Lifestyle Education Class: <i>Hydration</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	5:30-6:30pm WMU Group Fitness PiYo  <b>7:00-8:00pm Support Group</b>	6:00-7:00pm WLF Yoga		8:30-9:30am WMU Group Fitness Zumba
18	19	20	21	22	23	24
<i>Fitness Focus: Resistance Tubing</i>	5:30-6:30pm WMU Lifestyle Education Class: <i>Making Lifestyle Changes Last</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	5:30-6:30pm WMU Group Fitness PiYo	6:00-7:00pm WLF Yoga		8:30-9:30am WMU Group Fitness Zumba
25	26	27	28	29	30	31
<i>Fitness Focus: Walking Tips</i>	5:30-6:30pm WMU Lifestyle Education Class: <i>Good Health – Get There &amp; Stay There</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	5:30-6:30pm WMU Group Fitness PiYo	6:00-7:00pm WLF Yoga		8:30-9:30am WMU Group Fitness Zumba

