

Slimdown | Albemarle Square | September 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Buddy Time: <i>Join a Slimdown Coach for a fitness friendly workout!</i></p>	<p>KEY: FO = Fitness Office CR = Conference Room</p>	<p>8/30 Weigh-in: (FO) 5:00-6:00pm</p>	<p>8/31 Weigh-in: (CR) 7:00-8:00am</p>	<p>September 1 Weigh-in: (FO) 10:00-11:00am</p>	<p>2 Weigh-in: (CR) 10:30am-11:00am Meeting: 11:00-11:30am "Eating Tips for Labor Day Holiday" Weigh-in: 11:30am-12:00pm</p>	<p>3</p>
<p>4</p>	<p>5 Labor Day club hours (8:00-4:00pm)</p> <p>Buddy Time w/ Freddy J. 8:00-8:30am</p>	<p>6 Weigh-in: (FO) 5:00-6:00pm</p>	<p>7 Weigh-in: (CR) 7:00-8:00am</p>	<p>8 Buddy Time w/ Meredith R. 9:00-9:30am (Meet at FO) Weigh-in: (FO) 10:00-11:00am</p> <p>Buddy Time w/ Jared R. 6:00-6:30pm (Meet at FO)</p>	<p>9 Weigh-in: (CR) 10:30-11:00am Meeting: 11:00-11:30am "R&R- Reflect and Respond" Weigh-in: 11:30am-12:00pm</p>	<p>10</p>
<p>11</p>	<p>12</p>	<p>13 Weigh-in: (FO) 5:00-6:00pm</p>	<p>14 Weigh-in: (CR) 7:00-8:00am</p>	<p>15 Weigh-in: (FO) 10:00-11:00am</p>	<p>16 Weigh-in: (CR) 10:30am-11:00am Meeting: (CR) 11:00-11:30am "What is Mindless Eating?" Weigh-in: (CR) 11:30am-12:00pm</p>	<p>17</p>
<p>18</p>	<p>19</p>	<p>20 Weigh-in: (FO) 5:00-6:00pm</p>	<p>21 Weigh-in: (CR) 7:00-8:00am</p>	<p>22 Weigh-in: (FO) 10:00-11:00am</p>	<p>23 Weigh-in: (CR) 10:30am-11:00am Meeting: 11:00-11:30am "Types of Mindless Eating" Weigh-in: 11:30am-12:00pm</p>	<p>24</p>
<p>25</p>	<p>26</p>	<p>27 Weigh-in: (FO) 5:00-6:00pm</p>	<p>28 Weigh-in: (CR) 7:00-8:00am</p>	<p>29 Weigh-in: (FO) 10:00-11:00am</p>	<p>30 Weigh-in: (CR) 10:30am-11:00am Meeting: 11:00-11:30am "Moving from Mindless to Mindful" Weigh-in: 11:30am-12:00pm</p>	