

Slimdown | Downtown | September 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><u>Buddy Time:</u> Attend a group ex class with a Slimdown Coach!</p> <p>Crozet: <i>Weigh in with an acac Team member</i></p>	<p>Key: FO #1 –Fitness Office top of the stairs FO#2 – Fitness Office (follow the track) PT – Physical Therapy</p>	<p>8/30 <u>Weigh-in: (FO#2)</u> 11:30-12:00pm</p>	<p>8/31 <u>Weigh-in: (FO#2)</u> 11:30-12:00pm <u>Weigh-in: (FO#1)</u> 5:30-7:00pm</p>	<p>September 1 <u>Weigh-in: (FO#2)</u> 9:30-10:00am</p>	<p>2 <u>Weigh-in: (FO #2)</u> 12:30-1:00pm</p>	<p>3 <u>Weigh-in: (PT)</u> 9:15-9:30am Meeting: 9:30-10:00am <i>“Eating tips for Labor Day Holiday”</i> Weigh-in: 10:00-10:45am</p>
<p>4</p>	<p>5 Labor Day Club Hours 8:00am-4:00pm <u>Buddy Time w/Joe:</u> 11:00-11:30am <i>Fitness Friendly Workout (meet at the Fitness desk)</i> Or try these fun classes: 9:15am Water-In-Motion w/ Shannon and Lori 11:15-11:40am BodyPUMP w/ Ralanta <u>Weigh-In: 5:00 CANCELLED</u></p>	<p>6 <u>Weigh-in: (FO#2)</u> 11:30-12:00pm</p>	<p>7 <u>Weigh-in: (FO#2)</u> 11:30-12:00pm <u>Weigh-in: (FO#1)</u> 5:30-7:00pm</p>	<p>8 <u>Weigh-in: (FO#2)</u> 9:30-10:00am</p>	<p>9 <u>Weigh-in: (FO #2)</u> 12:30-1:00pm</p>	<p>10 Weigh-in and Meeting CANCELLED</p>
<p>11</p>	<p>12 <u>Weigh-In: (FO#1)</u> 5:00-5:30pm</p>	<p>13 <u>Weigh-in: (FO#2)</u> 11:30-12:00pm</p>	<p>14 <u>Weigh-in: (FO#2)</u> 11:30-12:00pm <u>Weigh-in: (FO#1)</u> 5:30-7:00pm</p>	<p>15 <u>Weigh-in: (FO#2)</u> 9:30-10:00am</p>	<p>16 <u>Weigh-in: (FO #2)</u> 12:30-1:00pm</p>	<p>17 <u>Weigh-in: (PT)</u> 9:15-9:30am Meeting: 9:30-10:00am <i>“What is Mindless Eating?”</i> Weigh-in: 10:00-10:45am</p>
<p>18</p>	<p>19 <u>Weigh-in: (FO#1)</u> 5:00-5:30pm</p>	<p>20 <u>Weigh-in: (FO#2)</u> 11:30-12:00pm</p>	<p>21 <u>Weigh-in: (FO#2)</u> 11:30-12:00pm <u>Weigh-in: (FO#1)</u> 5:30-7:00pm</p>	<p>22 <u>Weigh-in: (FO#2)</u> 9:30-10:00am</p>	<p>23 <u>Weigh-in: (FO #2)</u> 12:30-1:00pm</p>	<p>24 <u>Weigh-in: (PT)</u> 9:15-9:30am Meeting: 9:30-10:00am <i>“Types of Mindless Eating”</i> Weigh-in: 10:00-10:45am</p>
<p>25</p>	<p>26 <u>Weigh-in: (FO#1)</u> 5:00-5:30pm</p>	<p>27 <u>Weigh-in: (FO#2)</u> 11:30am-12:00pm</p>	<p>28 <u>Weigh-in: (FO#2)</u> 11:30-12:00pm <u>Weigh-in: (FO#1)</u> 5:30-7:00pm</p>	<p>29 <u>Weigh-in: (FO#2)</u> 9:30-10:00am</p>	<p>30 <u>Weigh-in: (FO #2)</u> 12:30-1:00pm</p>	<p>OCT. 1 <u>Weigh-in: (PT)</u> 9:15-9:30am Meeting: 9:30-10:00am <i>“Moving from Mindless to Mindful”</i> Weigh-in: 10:00-10:45am</p>