

Slimdown | Albemarle Square | October 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
KEY: FO = Fitness Office CR = Conference Room		Sep 27 Weigh-in: (FO) 5:00-6:00pm	28 Weigh-in: (CR) 7:00-8:00am	29 Weigh-in: (FO) 10:00-11:00am	30 Weigh-in: (CR) 10:30-11:00am Meeting: 11:00-11:30am <i>"Moving from Mindless to Mindful"</i> Weigh-in: 11:30am-12:00pm	OCT 1
2 <u>Buddy Time:</u> <i>Join a Slimdown Coach for a fitness friendly workout!</i>	3	4 <u>Buddy Time</u> w/ Freddy J. 9:00-9:30am Weigh-in: (FO) 5:00-6:00pm <u>Buddy Time</u> w/ Meredith R. 6:00-6:30pm (Meet at FO)	5 Weigh-in: (CR) 7:00-8:00am	6 Weigh-in: (FO) 10:00-11:00am <u>Buddy Time</u> w/ Jared R. 6:00-6:30pm	7 Weigh-in: (CR) 10:30am-11:00am Meeting: <i>"R&R – Reflect and Respond"</i> Weigh-in: 11:30am-12:00pm	8
9	10	11 Weigh-in: (FO) 5:00-6:00pm	12 Weigh-in: (CR) 7:00-8:00am	13 Weigh-in: (FO) 10:00-11:00am	14 Weigh-in: (CR) 10:30am-11:00am Meeting: 11:00-11:30am <i>"A Sweet and Healthy Halloween"</i> Weigh-in: 11:30am-12:00pm	15
16	17	18 Weigh-in: (FO) 5:00-6:00pm	19 Weigh-in: (CR) 7:00-8:00am	20 Weigh-in: (FO) 10:00-11:00am	21 Weigh-in: (CR) 10:30am-11:00am Meeting: 11:00-11:30am <i>"Learn about local CSA's -Bellair Farms: Guest presenter"</i> Weigh-in: 11:30am-12:00pm	22
23 Waist and Hip Measurement Week!!	24	25 Weigh-in: (FO) 5:00-6:00pm	26 Weigh-in: (CR) 7:00-8:00am	27 Weigh-in: (FO) 10:00-11:00am	28 Weigh-in: (CR) 10:30am-11:30am Meeting: CANCELLED *CROCKPOT SOCIAL* 5:30-7:00pm Conference Room	29
30	31					