

AUGUST

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3 Fast 5 Fitness Assessment 12-1pm	4
5	6	7	8	9	10 Healthy Horizons 12-1pm Slimdown Q&A 12-1pm	11
12	13	14	15	16	17 Fast 5 Fitness Assessment 12-1pm	18
19	20	21	22	23	24 Slimdown Q&A 12-1pm	25
26	27	28	29	30	31	

Slimdown weigh-ins are now available any time the club is open. Please see a member of the fitness staff, and they will assist you. With questions, please contact Ike at isaacp@acac.com.