

September 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>31 (Aug.) Biggest Loser Kick-Off 6 PM Ext. Office</p>	<p>1 Hoop it Up Weighted Hula Hoop 4pm SCMS</p> <p>Exercises Basics Spencer Co. Physical Therapy 6:30 pm Ext. Office</p>	<p>2 Walking 6:30 PM Ray Jewell Park</p> <p>Jazzercise 6pm Risen Lord Church</p>	3	<p>4 Zumba 10 AM Open Door Christ. Center</p> <p>Jazzercise Body Sculpting 10:30 am Risen Lord Church</p>
<p>5 Jazzercise 6pm Risen Lord Church</p>	<p>6 Labor Day</p>	<p>7 Zumba Flow 6 PM EveryBody's Fit.</p> <p>Walking 6:30 PM Ray Jewell Park</p> <p>Food Focus 7 pm Natural Advantages - B</p> <p>Jazzercise 6pm Risen Lord Church</p> <p>Walking 6:30pm Waterford</p> <p>Tae Kwon Do 2:30pm SCMS (youth Only)</p>	<p>8 Zumba 10 AM EveryBody's Fit.</p> <p>Toning w/ Zumba 6 PM EveryBody's Fit.</p> <p>Hoop it Up Weighted Hula Hoop 4pm SCMS</p> <p>1* chance workout 6:30 Spencer Co. Physical Therapy</p>	<p>9 Basic Nutrition 6 PM Ext. Office</p> <p>Walking 6:30 PM Ray Jewell Park</p> <p>Walking 5:30pm Waterford Park</p> <p>Jazzercise 6pm Risen Lord</p> <p>Yoga 4:30pm SCE gym</p> <p>Home Exercises 6:30pm Elk Creek Bap. Church (Spencer Co. PT)</p>	10	<p>11 Zumba 9:30 AM EveryBody's Fit.</p> <p>Zumba 10 AM Open Door Christ. Center</p> <p>Kickboxing 10 AM Ext. Office</p> <p>Jazzercise Body Sculpting 10:30 Am Risen Lord Church</p>

<p>12 Jazzercise 6pm Risen Lord Church</p> <p>Zumba 2pm Everybody's Fit.</p>	<p>13 Walking 10 AM Ray Jewell Park</p> <p>Weight mgt. 11 Am & 4 PM Curves</p> <p>Gracie Jiu-Jitsu 7pm</p>	<p>14 Walking 6:30 PM Ray Jewell Park</p> <p>Gracie Jiu-Jitsu 7pm</p> <p>Food Focus 7 pm Natural Advantages E</p> <p>Jazzercise 6pm Risen Lord Church</p> <p>Walking 6:30pm Waterford Park</p> <p>Tae Kwon Do 2:30pm SCMS (youth Only)</p>	<p>15 Gracie Jiu-Jitsu 7pm</p> <p>Hoop it Up Weighted Hula Hoop 4pm SCMS</p> <p>Zumba 10am Everybody's Fit.</p>	<p>16 Walking 6:30 PM Ray Jewell Park</p> <p>Walking 5:30pm Waterford Park</p> <p>Gracie Jiu-Jitsu 7pm</p> <p>7:10 PIYO (zumba) Everybody's Fit.</p> <p>Jazzercise 6pm Risen Lord Church</p> <p>Yoga 4:30pm SCE gym</p>	<p>17</p>	<p>18 Fitness Boot camp 9am Ray Jewell Park</p> <p>Zumba 9:30am Kids Zumba 11 am Everybody's Fit.</p> <p>Balance Board Training 3 PM BoatWorks</p> <p>Zumba 2pm Open Door Christ.</p> <p>Gracie Jiu-Jitsu 12:15pm</p> <p>Jazzercise Body Sculpting 10:30 Risen Lord</p>
<p>19 Jazzercise 6pm Risen Lord Church</p>	<p>20 Walking 10 AM Ray Jewell Park</p> <p>Weight mgt. 11 Am & 4 PM Curves</p> <p>Fitness Boot camp 7pm Ray Jewell Park</p> <p>Zumba 10 am Zumba 6:30pm Everybody's Fit.</p>	<p>21 Walking 6:30 PM Ray Jewell Park</p> <p>Food Focus 7 pm Natural Adv. - W</p> <p>Jazzercise 6pm Risen Lord</p> <p>Zumba 6pm Everybody's Fit.</p> <p>Walking 6:30pm Waterford Park</p> <p>Tae Kwon Do 2:30pm SCMS</p>	<p>22 Vegetable Prep & Production 6 PM Ext. Office</p> <p>Hoop it Up Weighted Hula Hoop 4pm SCMS</p>	<p>23 Walking 6:30 PM Ray Jewell Park</p> <p>Walking 5:30pm Waterford Park</p> <p>7:10 PIYO (zumba) Everybody's Fit.</p> <p>Jazzercise 6pm Risen Lord</p> <p>Yoga 4:30pm SCE gym</p>	<p>24</p>	<p>25 Zumba 10 AM Open Door Christ. Center</p> <p>Jazzercise Body Sculpting 10:30 am Risen Lord Church</p>

<p>26 Jazzercise 6pm Risen Lord Church</p> <p>Zumba 2pm Everybody's Fit.</p>	<p>27 Walking 10 AM Ray Jewell Park</p> <p>Weight mgt. 11 Am & 4 PM Curves</p> <p>Zumba 10 am Everybody's Fit.</p>	<p>28 Walking 6:30 PM Ray Jewell Park</p> <p>Food Focus 7 pm Natural Advantages- EI</p> <p>Jazzercise 6pm Risen Lord Church</p> <p>Walking 6:30pm Waterford Park</p> <p>Tae Kwon Do 2:30pm SCMS (youth Only)</p>	<p>29 Health & wellness 6pm</p> <p>Hoop it Up Weighted Hula Hoop 4pm SCMS</p> <p>Zumba 10am Everybody's Fit.</p> <p>1* chance workout 6:30 Spencer Co. Physical Therapy</p>	<p>30 Walking 6:30 PM Ray Jewell Park</p> <p>Walking 5:30pm Waterford Park</p> <p>Jazzercise 6pm Risen Lord Church</p> <p>Yoga 4:30pm SCE gym</p>		
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October 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	<p>2 Zumba 10 AM Open Door Christ.</p> <p>Jazzercise Body Sculpting 10:30 am Risen Lord Church</p>

<p>3 Jazzercise 6pm Risen Lord Church</p> <p>Zumba 2pm Everybody's Fit.</p>	<p>4 Walking 10 AM Ray Jewell Park</p> <p>Weight mgt. 11 Am & 4 PM Curves</p> <p>Piyo Zumba 7:40pm Everybody's Fit.</p>	<p>5 Walking 6:30 PM Ray Jewell Park</p> <p>Food Focus 7 pm Natural Advantages- G</p> <p>Jazzercise 6pm Risen Lord</p> <p>Walking 6:30pm Waterford Park</p> <p>Tae Kwon Do 2:30pm SCMS (youth Only)</p>	<p>6 Hoop it Up Weighted Hula Hoop 4pm SCMS</p> <p>Zumba 10 am Everybody's Fit.</p> <p>1* chance workout 6:30 Spencer Co. Physical Therapy</p>	<p>7 Walking 6:30 PM Ray Jewell Park</p> <p>Walking 5:30pm Waterford Park</p> <p>Jazzercise 6pm Risen Lord Church</p> <p>Yoga 4:30pm SCE gym</p>	<p>8</p>	<p>9 Zumba 10 AM Open Door Christ. Center</p> <p>Jazzercise Body Sculpting 10:30 am Risen Lord Church</p> <p>Zumba 9:30 am Everybody's Fit.</p>
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<p>10 Jazzercise 6pm Risen Lord Church</p> <p>Zumba 2pm Everybody's Fit.</p> <p><u>**2^{sd} Sunday</u> <u>Don't forget to</u> <u>participate in</u> <u>family or team</u> <u>activity for a</u> <u>chance to win</u> <u>\$25 Wal-Mart</u> <u>gift card**</u></p>	<p>11 Walking 10 AM Ray Jewell Park</p> <p>Weight mgt. 11 Am & 4 PM Curves</p>	<p>12 Tobacco Cessation 5:30 PM Ext. Office</p> <p>Walking 6:30 PM Ray Jewell Park</p> <p>Food Focus 7 pm Natural Advantages- H</p> <p>Jazzercise 6pm Risen Lord Church</p> <p>Walking 6:30pm Waterford Park</p> <p>Tae Kwon Do 2:30pm SCMS (youth Only)</p>	<p>13</p> <p>Zumba 10am Everybody's Fit.</p> <p>1st chance workout 6:30 Spencer Co. Physical Therapy</p>	<p>14</p> <p>Walking 6:30 PM Ray Jewell Park</p> <p>Walking 5:30pm Waterford Park</p> <p>Jazzercise 6pm Risen Lord Church</p> <p>Piyo Zumba 7:10pm Everybody's Fit.</p>	<p>15</p>	<p>16 Zumba 10 AM Open Door Christ. Center</p>
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<p>17 Jazzercise 6pm Risen Lord Church</p> <p>Zumba 2pm Everybody's Fit.</p>	<p>18 Walking 10 AM Ray Jewell Park</p> <p>Weight mgt. 11 Am & 4 PM Curves</p>	<p>19 Walking 6:30 PM Ray Jewell Park</p> <p>Food Focus 7 pm Natural Advantages- T</p> <p>Jazzercise 6pm Risen Lord</p> <p>Walking 6:30pm Waterford Park</p> <p>Tae Kwon Do 2:30pm SCMS (youth Only)</p>	<p>20 Hoop it Up Weighted Hula Hoop 4pm SCMS</p> <p>Zumba 10am Everybody's Fit.</p> <p>1st chance workout 6:30 Spencer Co. Physical Therapy</p>	<p>21 Walking 6:30 PM Ray Jewell Park</p> <p>Walking 5:30pm Waterford Park</p> <p>Jazzercise 6pm Risen Lord Church</p>	<p>22</p>	<p>23 Camp Dance Cardio 10 AM Ext. Office</p> <p>Zumba 10 AM Open Door Christ.</p> <p>Jazzercise Body Sculpting 10:30 am Risen Lord Church</p>
<p>24/31 Zumba 2pm Everybody's Fit.</p> <p>Jazzercise 6pm Risen Lord Church</p>	<p>25 Walking 10 AM Ray Jewell Park</p> <p>Weight mgt. 11 Am & 4 PM Curves</p> <p>Zumba 10 am Zumba 6:30pm Everybody's Fit.</p>	<p>26 Walking 6:30 PM Ray Jewell Park</p> <p>Jazzercise 6pm Risen Lord Church</p> <p>Walking 6:30pm Waterford Park</p> <p>Food Focus 7 pm Natural Advantages- LESS</p> <p>Tae Kwon Do 2:30pm SCMS (youth Only)</p>	<p>27 Hoop it Up Weighted Hula Hoop 4pm SCMS</p> <p>1st chance workout 6:30 Spencer Co. Physical Therapy</p>	<p>28 Walking 6:30 PM Ray Jewell Park</p> <p>Walking 5:30pm Waterford Park</p> <p>Jazzercise 6pm Risen Lord Church</p> <p>Piyo (zumba) 7:10pm Everybody's Fit.</p>	<p>29</p>	<p>30 Zumba 10 AM Open Door Christ. Center</p> <p>Jazzercise Body Sculpting 10:30 am Risen Lord Church</p>

****November 1, 2010- Biggest Loser Closing Ceremony ****

Classes and instructors (these are the people who need to sign off on your sheet)

Monday walking program at Ray Jewell Park - Tonya Tucker 502-477-2217

Tuesday and Thursday walking program at Ray Jewell Park- Geri Travis 502-477-9646

Monday and Thursday walking program at Waterford park- Vonda Martin 502-477-3222/6934

Weight Management at Curves-Martha Hawkins 502-477-2141

Health and Wellness - Deanna Felts 502-477-2217

Smoking Cessation- Amy Tingle 502-477-2217

Basic Nutrition- Allison Lewis and Mollie Tichenor 502-477-2217

Vegetable Prep and Production- Bryce Roberts 502-477-2217

Camp Dance Cardio- Stefanie Green 502-477-2217

Balance Board Training- Patty Loeser and Maggie Eskridge 502-477-2628

Everybody's Fitness Zumba Classes- Nina Gazerro and Bridey Kurtz 502-664-8317

Zumba classes at the Open Door Christian Center- Jill Whitehouse 502-477-8296

Fitness Boot Camp- Tonya Deetch 502-819-8443

Gracie Jiu-Jitsu- Scott Smith 502-422-1957

Food Focus- Patti G 502-422-0385

Kickboxing- Emily Tucker 502-477-2217

Jazzercise- Samantha Windsor 502-321-6402

Weighted Hula Hoops- Kim Mapp 502-477-3222

Yoga- Linda Conway - Spencer Co. Elementary Gym (SEC)

Spencer Co. Physical Therapy- Becky House