

July

2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3 Challenge w/Carol Johnston ZUMBA! 9 @ Gateway Park
4	5	6	7	8	9	10 Challenge w/ Farrell's Bodyshaping 9 @ Overman
11	12 B.E.S.T. Release-Do Something For Yourself @Agape 6-7:30 P.m.	13	14	15	16	17 Challenge Tai Chi w/ Diane Everett 9 @ Overman
18	19 Wellness Watch Morter March- Self Help @Agape 6-7:30 P.M.	20	21	22	23	24 Challenge NRG Pilates w/ Nicky Miller 9 @ Overman
25	26 "From The Heart"- Who's Driving This Bus @ Agape 6-8pm	27	28	29	30	31 Challenge Field Day! w/ Agape Team 9 @ Overman

August

2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Wellness Watch Morter march- self help @Agape 6-7:30 p	3	4	5	6	7
8	9	10	11	12	13	14
15	16 Introduction to "The 6 Essentials for Life @ Agape 6-7:30 p	17	18	19	20	21
22	23 Well-ness Watch Morter march- self help @Agape 6-7:30 p	24	25	26	27	28
29	30	31				