



Classes, training workshops and training sessions specifically for BIG GIVERS!

February

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Watch your E-mail and the Facebook fan page for "Bonus Pound" announcements. Your team can earn extra pound deductions by participating in the BIG GIVE team classes, training workshops and training sessions!</p>					1/29	1/30
1/31 1st week of Body Fat % & Measure	1	2	3	4 6:15pm Finding Motivation Workshop	5 5:15pm Kickboxing w/ Linda	6 8:00am Turbo Boxing w/ Rick
7	8 7:00pm Weight Loss Nutrition w/ Marcia	9	10	11 4:15pm Zumba w/ Meghan	12 9:00am Personal Training Demo w/ Clint	13
14 2nd week of Body Fat % & Measure	15 6:00pm Personal Training Myths w/ Elisha	16 4:15pm Yoga w/ Chastity 6:00pm PT Demo w/ Elisha	17 5:30pm Grocery Store Tour at Ray's Signature (Cable and Shawnee) 7:00pm Cardio vs Fat Burning, Get the Most of Your Time w/ Elisha	18 6:00pm Trim and Tone w/ Rachel	19 6:00pm Personal Training Demo w/ Linda	20
21	22 6:00pm Chocolate Party	23 5:30pm Ray's Cooking Class at Signature (Cable and Shawnee)	24 5:30pm Grocery Store Tour at Ray's Signature (Cable and Shawnee)	25 12:15pm Ab Blast w/ Elisha	26 9:00am Personal Training Demo w/ Danny	27
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March

Sun	Mon	Tue	Wed	Thu	Fri	Sat
3rd week of Body Fat % & Measure	1 6:00pm Personal Training Demo w/ Elisha	2 5:30pm Grocery Store Tour at Ray's Signature (Cable and Shawnee)	3 6:00pm Boot Camp w/ Juli	4 6:15pm Never Ending Motivation	5 9:00am Personal Training Demo w/ Clint	6
7	8 7:00pm Turbo Boxing w/ Rick	9 5:15pm Fat Burning Class w/ Charrissa	10 8:00am Turbo Boxing w/ Rick 5:30pm Ray's Cooking Class at Signature (Cable and Shawnee)	11 5:00pm Personal Training Demo w/ Danny	12	13 9:00am Boot Camp w/ Juli
14 4th week of Body Fat % & Measure	15 6:00pm St. Patrick's Day PARTY	16 5:30pm Grocery Store Tour at Ray's Signature (Cable and Shawnee)	17 7:00pm Weight Loss Secrets w/ Marcia	18 9:00am Cardio vs Fat Burning, Get the Most of Your Time w/ Elisha	19 11:00am Free Weight Training w/ Linda	20
21	22 7:00pm Last Week Weight Loss Tips w/ Marcia	23 10:00am Kickboxing w/ Linda	24 5:30pm Ray's Cooking Class @ Signature (Cable and Shawnee) 6:00pm Personal Training Demo w/ Clint	25 4:15 Zumba w/ Meghan	26 4:15pm Fat Burning Class w/ Rachel	27 FINAL Fitness Expo at the Civic Center
28	29	30				