

SEPTEMBER 2010

**Pounds A Weigh
Memorial Athletic Club
and Aquatic Center**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
		Circuit 12:30-MAC 7:00pm-MAC		Circuit 12:30-MAC 7:00pm-MAC		
5	6	7	8	9	10	11
		Circuit 12:30-MAC 7:00pm-MAC		GROUP WORKOUT PILATES 7:00pm		
12	13	14	15	16	17	18
		Circuit 12:30-MAC 7:00pm-MAC		Circuit 12:30-MAC 7:00pm-MAC		
19	20	21	22	23	24	25
		LECTURE Leanne Reid Nutrition 6:30pm		Circuit 12:30-MAC 7:00pm-MAC		
26	27	28	29	30		
		Circuit 12:30-MAC 7:00pm-MAC		Circuit 12:30-MAC 7:00pm-MAC		

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