



February 2012

Pounds-A-Weigh

Memorial Athletic Club
and Aquatic Center

Rachel McGrath
713-703-4517

Email:
Rachel.mcgrath87@gmail.com

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
			1	2 Circuit 12:30 MFW 7PM MAC	3	4
5	6	7 Circuit 12:30 MFW 7PM MAC	8	9 Circuit 12:30 MFW 7PM MAC GROUP LECTURE 6:30	10	11
12	13	14 Circuit 12:30 MFW 7PM MAC	15	16 Circuit 12:30 MFW 7PM MAC	17	18
19	20	21 Circuit 12:30 MFW 7PM MAC	22	23 Circuit 12:30 MFW 7PM MAC GROUP WORKOUT- SPINNING 7:30	24	25
26	27	28 Circuit 12:30 MFW 7PM MAC	29			