

Rec Center Fitness Calendar

FEBRUARY 2018



SUN	MON	TUE	WED	THUR	FRI	SAT
<u>Kellie</u> : Cize/Turbo Kick/Piyo <u>Cindy</u> : Weight Room Circuit <u>Crystal</u> : Turbo Kick/ Boot Camp <u>Cyndee</u> : M3				1 430p: Cyndee 7-8p: Kellie	2	3
4	5 430p: Kellie <hr/> 530p: Cindy <hr/> 7-8: Kellie	6 545p: Crystal	7 430p: Kellie	8 430p: Cyndee 7-8p: Kellie	9	10
11	12 430p: Kellie <hr/> 530p: Cindy <hr/> 7-8: Kellie	13 545p: Crystal	14 430p: Kellie 	15 430p: Cyndee 7-8p: Kellie	16	17
18	19 closed	20 545p: Crystal	21 430p: Kellie	22 430p: Cyndee 7-8p: Kellie	23	24
25	26 430p: Kellie <hr/> 530p: Cindy <hr/> 7-8: Kellie	27 545p: Crystal	28 430p: Kellie	29 430p: Cyndee 7-8p: Kellie	30	31

Check out the fitness group facebook page. FIT FOR ALL. This is where we will share class info, tips, encouraging words...etc. so go check it out.

Improve your fitness:

Don't DIET.

Wait....What???

Switch up the letters in the word and **EDIT** what you eat.

Make it a lifestyle change toward healthier foods, not a deprivation plan.

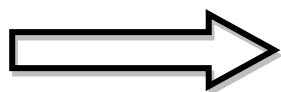
See ya in
class!



Smithville Recreation Center

512.237.3282 x7 / www.ci.smithville.tx.us

CHECK US OUT ON FACEBOOK: www.facebook.com/smithvillepard



Make sure we have your correct email address on file.
Check out our group fitness page on FB: **FITFOR ALL**

