

June 2017						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 5:15AM 6AM 9AM 5:30PM	2 8AM 9AM	3 7:45AM Kickboxing Clinic 10AM
4 TIMED MILE WEEK ALL GROUPS ----->	5 8AM 9AM 5:30PM	6 5:15AM 6AM 9AM 5:30PM	7 8AM 9AM 5:30PM	8 5:15AM 6AM 9AM 5:30PM	9 8AM 9AM	10 7:45AM
11 GROCERY SHOPPING TRIP 4PM	12 8AM 9AM 5:30PM	13 5:15AM 6AM 9AM 5:30PM	14 8AM 9AM 5:30PM	15 5:15AM 6AM 9AM 5:30PM	16 8AM 9AM	17 7:45AM (At the FHS Track – weather pending)
18	19 8AM 9AM 5:30PM	20 5:15AM 6AM 9AM 5:30PM	21 8AM 9AM 5:30PM	22 5:15AM 6AM 9AM 5:30PM	23 8AM 9AM	24 7:45AM
25	26 8AM 9AM 5:30PM	27 5:15AM 6AM 9AM 5:30PM	28 8AM 9AM (FHS Track- weather pending) 5:30PM	29 5:15AM 6AM 9AM 5:30PM	30 8AM 9AM	

MARK YOUR CALENDARS!!

KICKBOXING CLINIC – Saturday, June 3rd – 10AM

Led by MM coach, Shanna Williams, learn the basics of Kickboxing and get a killer workout in this 60-minute clinic! 20 person limit. Cost = \$10. Sign up at front desk!

GROCERY SHOPPING TRIP – Sunday, June 11th – 4PM

Come grocery shopping with Lindsay and learn how to navigate healthy eating during this 60-minute trip to Bilco. 8 person limit. Cost = \$15. Sign up at front desk!