

FEBRUARY 2010



RENAISSANCE CELEBRATES AMERICAN HEART MONTH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3 90 Minute Walking Workshop 9:30 or Noon \$25.00 includes training log	4	5	6 90 Minute Walking Workshop 9:30 or Noon \$25.00 includes training log
7	8	9	10	11	12	13
14	15	16	17 2.5 Hour Strong to the Core Workshop 9:30 or 4:00 \$55. includes <i>The Core Program</i>	18	19	20 2.5 Hour Strong to the Core Workshop 9:30 \$55. includes <i>The Core Program</i>
21	22	23	24 2.5 Hour Strong Woman Workshop 9:30 or 4:00 \$35.00	25	26	27 2.5 Hour Strong Woman Workshop 9:30 \$35.00
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