



KIDS ENJOY EXERCISE NOW  
greater dc

# October 2006

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Fit 2:00 - 3:00 Sports 3:15 - 4:30 Adult Family Fit 3:15 - 4:15						
8	9	10	11	12	13	14
15 Bowling 1:15 - 2:30	16	17	18	19	20	21 Swim(MC) Otters 9:00 - 10:15
22	23	24	25	26	27	28 Swim (MC) Dolphins 8:45 - 9:45 Seals 9:45 - 10:45
29	30	31				