

October 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	<p align="center">7 CHALLENGE BEGINS</p> <p align="center">Initial Weigh in @ Leahy Center (McGurrin Basement) or CHEW (DeNaples 205) 8:30-4:00</p> <p align="center">Nutrition Intervention Strategies with Dr. Ginny Corcoran, RD (Attendance highly encouraged) 12pm or 2pm Long Center</p>	<p>8</p> <p>30 Minute Fitness Walk 12:05 Meet in Long Center Lobby</p> <p>Nutrition Intervention Strategies (MAKE-UP) with Dr. Ginny Corcoran, RD 3pm Brennan 228</p>	<p>9</p> <p>Open swim 12-4 Long Center (ask lifeguard for sticker)</p>	10
11	12	13	14	15	16	17
		<p>30 Minute Fitness Walk 12:05 Meet in Long Center Lobby</p>	<p align="center">Weigh in # 1 at Leahy Center or CHEW 8:30-4:00</p> <p>Healthy Cooking with Jerry Bogdan at 12:15 - 12:45pm OR 1- 1:30pm in TDC 401</p> <p>Zumba at 4:45 in Byron</p>	<p>30 Minute Fitness Walk 12:05 Meet in Long Center Lobby</p>	<p>ROTC BOOT CAMP (rain or shine) 12pm-1pm or 4:15pm-5:15pm on Dionne Green</p>	
18	19	20	21	22	23	24
	<p>Zumba at 4:45 in Byron</p>	<p>30 Minute Fitness Walk 12:05 Meet in Long Center Lobby</p>	<p align="center">Weigh in # 2 at Leahy Center or CHEW 8:30-4:00</p> <p>Physical Activity Guidelines by Paul Cutrufello and exercise science students 12pm Collegiate Hall in Redington</p>	<p>30 Minute Fitness Walk 12:05 Meet in Long Center Lobby</p> <p>Pilates 12:05 Byron A</p>	<p>Open swim 12-4 Long Center (ask lifeguard for sticker)</p>	
25	26	27	28	29	30	31
		<p>30 Minute Fitness Walk 12:05 Meet in Long Center Lobby</p>	<p align="center">Weigh in # 3 at Leahy Center or CHEW 8:30-4:00</p> <p>It's not what you eat, but WHY you eat with Dr. Ginny Corcoran, RD 12pm or 2pm Long Center</p>	<p>30 Minute Fitness Walk 12:05 Meet in Long Center Lobby</p>	<p>Open swim 12-4 Long Center (ask lifeguard for sticker)</p>	

November 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Light Weight & Abs 4:45 Aerobics Room	3 30 Minute Fitness Walk 12:05 Meet in Long Center Lobby	4 Weigh in #4 at Leahy Center or CHEW 8:30-4:00 Aerobic Exercise and Fitness by Paul Cutrufello and exercise science students 12pm Collegiate Hall in Redington	5 30 Minute Fitness Walk 12:05 Meet in Long Center Lobby	6 Open swim 12-4 Long Center (ask lifeguard for sticker)	7
8	9	10 30 Minute Fitness Walk 12:05 Meet in Long Center Lobby	11 Weight in #5 at Leahy Center or CHEW 8:30-4:00 Strength Training Made Easy by Paul Cutrufello and exercise science students. 12pm Collegiate Hall in Redington Cardio Tennis at 4:30 in Byron (20 people max- Sign up in CHEW to reserve a spot)	12 30 Minute Fitness Walk 12:05 Meet in Long Center Lobby Pilates 12:05 Byron A	13 Open swim 12-4 Long Center (ask lifeguard for sticker)	14
15	16 Light Weight & Abs 4:45 Aerobics Room	17 30 Minute Fitness Walk 12:05 Meet in Long Center Lobby	18 Weigh in # 6 (Final Weigh in) at Leahy Center or CHEW 8:30-4:00 Food, Facts, and Fiction with Dr. Ginny Corcoran, RD 12pm or 1pm TDC 405	19 MAKE UP SESSION: Food, Facts, and Fiction with Dr. Ginny Corcoran, RD 12pm or 1pm Location TBA	20 Closing Ceremonies 12:00 Brennan 509	21
22	23	24	25	26	27	28
29	30					