

Fall River Fitness Challenge Weigh-in & Challenge Schedule











- * Feb. 6th 9am Challenge & Weigh-In Day
Meet @ CD REC for FREE Challenge event
- * Feb. 20th 9am Challenge & Weigh - In Day
Meet at Industrial Park Walk way for FREE Challenge event
- If participant weighs in on a scheduled challenge day they will be entered into a raffle.



* Follow - up days for weigh-in if you missed the challenge and weigh-in day

February 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3 5:30pm Fitness Q&A @Rec	4	5	6 
7 	8 	9 	10 5:30pm Fitness Q&A @Rec	11	12	13
14	15	16	17 5:30pm Fitness Q&A @Rec	18	19	20 
21 	22 	23 	24 5:30pm Fitness Q&A @Rec	25	26	27
28						

***All participants must weigh-in during the scheduled times**

www.fallriverfitnesschallenge.com

Any questions please call:
CD REC @ 508-679-0922