


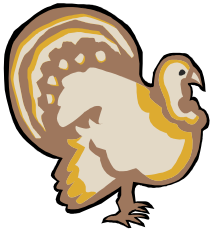


NOVEMBER 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Fitness Boot Camp 6:30-7:15am Mommy and Me Power Walking 10am-11am Kids Fit 4:30pm Co-ed Volleyball	3 Motor Skills 4:30 Practical Pilates 4:45-5:45pm Aqua Alive 5:00-5:45pm Step It Up Cardio Blast 8:00-9:00pm Intramural Basketball 5:45	4 Fitness Boot Camp 8:00-8:45am Mommy and Me Power Walking 10am-11am	5 Kids Fit 4:30pm Practical Pilates 4:45-5:45pm Aqua Alive 5:00-5:45pm Step It Up Cardio Blast 8:00-9:00pm Intramural Basketball 5:45	6 Fitness Boot Camp 8:00-8:45am Mommy and Me Power Walking 10am-11am  Boyce vs. Temple Baptist Basketball Game 7:00pm	7 PNO Registration 9AM Flag Football 10 AM Racquetball Tournament 10AM
8 	9 Fitness Boot Camp 6:30-7:15am Mommy and Me Power Walking 10am-11am Kids Fit 4:30pm Co-ed Volleyball	10 Motor Skills 4:30 Practical Pilates 4:45-5:45pm Aqua Alive 5:00-5:45pm Step It Up Cardio Blast 8:00-9:00pm Intramural Basketball 5:45	11 Fitness Boot Camp 8:00-8:45am Mommy and Me Power Walking 10am-11am BLOOD DRIVE 11:00AM-4:00PM	12 Kids Fit 4:30pm Practical Pilates 4:45-5:45pm Aqua Alive 5:00-5:45pm Step It Up Cardio Blast 8:00-9:00pm Intramural Basketball 5:45	13 Fitness Boot Camp 8:00-8:45am Mommy and Me Power Walking 10am-11am PNO 6:30-9:30	14 
15	16 Fitness Boot Camp 6:30-7:15am Mommy and Me Power Walking 10am-11am	17 Practical Pilates 4:45-5:45pm Aqua Alive 5:00-5:45pm Step It Up Cardio Blast 8:00-9:00pm Pendergraph Childcare	18 Fitness Boot Camp 8:00-8:45am Mommy and Me Power Walking 10am-11am	19 Practical Pilates 4:45-5:45pm Aqua Alive 5:00-5:45pm Step It Up Cardio Blast 8:00-9:00pm	20 Fitness Boot Camp 8:00-8:45am Mommy and Me Power Walking 10am-11am	21
Boyce Final Exams						
22	23 Fitness Boot Camp 6:30-7:15am Mommy and Me Power Walking 10am-11am  Boyce vs. Shawnee Baptist Basketball Game 7:00pm	24 Practical Pilates 4:45-5:45pm Aqua Alive 5:00-5:45pm Step It Up Cardio Blast 8:00-9:00pm	25 Fitness Boot Camp 8:00-8:45am Mommy and Me Power Walking 10am-11am Close at 5pm for Thanksgiving Holiday	26 	27	28
Fall Reading Days			Thanksgiving Holiday			
29	30 Fitness Boot Camp 6:30-7:15am Mommy and Me Power Walking 10am-11am					
Seminary Final Exams						