



July

*A Summer
of Wellness*
2008

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
		1 Mastodon Walking Club 🍇 5:15-6:00 PM GS Judy	2	3 Mastodon Walking Club 🍇 5:15-6:00 PM GS- Judy/Tyler	4 IPFW CLOSED 4 th of July NO Mastodon Walking Club	5
6	7 Mastodon Walking Club 🍇 10-10:30 KT Bones -Tyler	8 SOAR Mastodon Walking Club 🍇 5:15-6:00 PM GS Judy	9 SOAR	10 SOAR Mastodon Walking Club 🍇 5:15-6:00 PM GS-Judy/Tyler	11 Mastodon Walking Club 🍇 10-10:30 KT Bones-Tyler	12
13	14 Mastodon Walking Club 🍇 10-10:30 KT Bones-Jen/Tyler Free Fitness Screenings 4:45-6:45 pm Hilliard Gates Sports Center	15 Mastodon Walking Club 🍇 5:15-6:00 PM GS Judy	16 Summer Fest! 2 Mile Walk 7:00 am	17	18	19
20	21 Fresh Foods to Fight Cholesterol 🍎 1-2 PM-Jen KT 117 Fruit and Veggie Challenge Begins! 🍇	22 SOAR	23 SOAR	24 SOAR	25	26
27	28	29	30 Potential Walking 🍎 3 Rivers Running 12, 5:15	31		