

Fall River Fitness Challenge Weigh-in & Challenge Schedule











- * April 6th 9am Challenge & Weigh-In Day
Meet @ CD REC for **FREE** Challenge event
- * April 17th 9am Challenge & Weigh - In Day
Meet @ CD REC 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

April

2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3 
4 	5 	6 	7 5:30pm Fitness Q&A @Rec	8	9	10
11	12	13	14 5:30pm Fitness Q&A @Rec	15	16	17 
18 	19 	20 	21 5:30pm Fitness Q&A @Rec	22	23	24
25	26	27	28 5:30pm Fitness Q&A @Rec	29	30	

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

www.fallriverfitnesschallenge.com

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